



AGAWAM

Advertiser-News

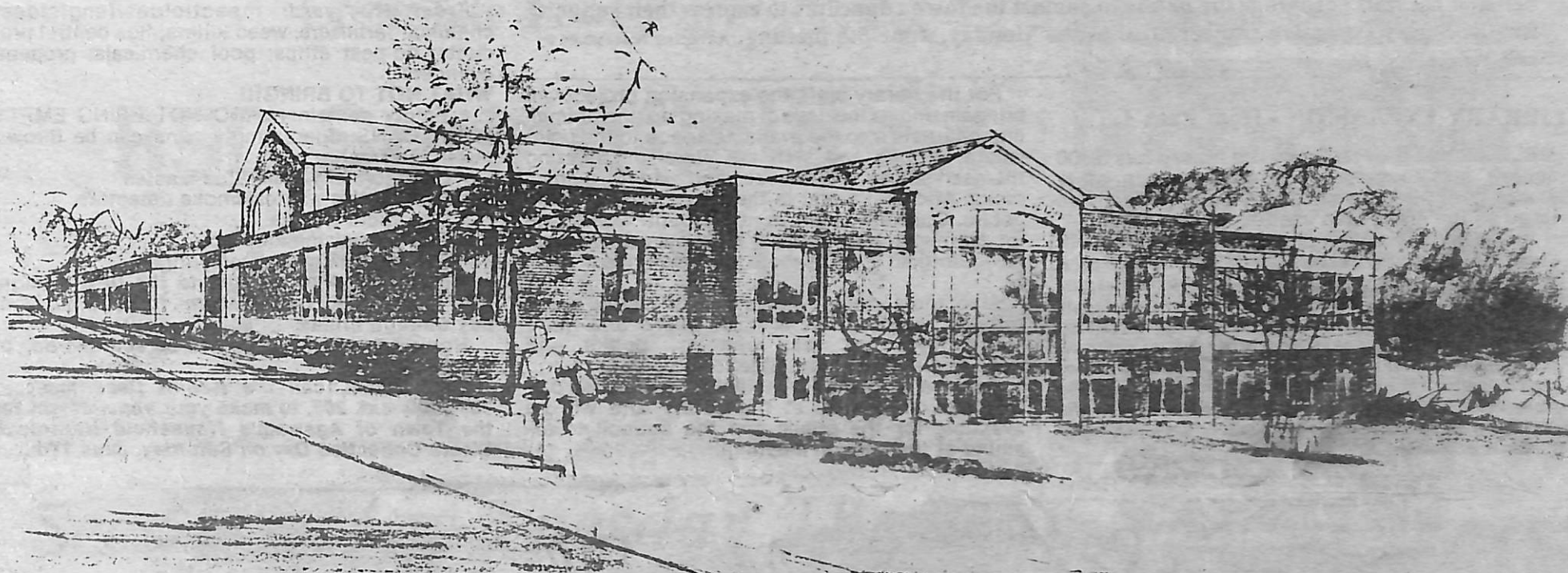
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"Your Hometown Newspaper"

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June 1, 2000



PICTURED ABOVE IS A DESIGN SKETCH of the proposed expansion for the Agawam Public Library. The issue of the library expansion will be addressed at the Town Council meeting this coming Monday evening, June 5th.

Library Expansion Project Depends On Council Support

by Kathy Cassanelli
News Editor

The final chapter in the 15-year struggle to attract state aid to expand the Agawam Public Library will be written Monday evening, June 5th, one way or the other.

What remains to be seen is whether the book will be closed on the possibility of state funds, or a new chapter will begin the story of transforming a library that was inadequate when the doors opened in 1978 into a facility that is expected to meet the needs of the community for the next 20 years.

Citing the library's failure to meet the standard for square footage for a community with a population of 32,000, along with the lack of research and study space and a children's section that is virtually nonexistent, Mayor Richard A. Cohen sent two related resolutions to Town Council two weeks ago.

The first asks the council to accept a \$1,870,407 grant from the Massachusetts Board of Library Commissioners (MBLC) for the expansion and renovation of the library, and the second resolution authorizes a loan order for \$4,250,000 to cover the town's share of the cost of the project.

On Monday, June 5th, the council is expected to vote on both measures, as the June 30th deadline for accepting the grant and negotiating a contract with the MBLC is fast approaching.

"This is something that is definitely needed," Cohen said. "Even though this is a major expense, it is well-needed; the plans are state-of-the-art; and it will have such a positive impact on everybody."

Cohen said people looking to relocate are most interested in determining the quality of the public schools, the Police Department, and the Public Library when purchasing a home. "We need these strong departments to attract both new

homeowners and new businesses," Cohen said.

Library Director Donna M. Campbell believes the council will support the library expansion project, but she is taking nothing for granted. Ms. Campbell has a posted a sign at the library entrance urging library patrons to contact town councilors or to attend Monday night's meeting to voice their support for the expansion project.

"I can't just sit passively by (while the council considers the proposal)," Ms. Campbell said. "A lot of people think this is just a matter of when we're going to start the project, but I can't take anything for granted until this is approved. We have to show community support for the project."

Considering the scarcity of library grant funds and the competitive nature of the grants, Ms. Campbell said the town will not be likely to attract a grant in the future if the council turns down this grant. Also, the town will lose the \$300,000 already invested in preparing the plans for an expansion project that meets the requirements of the MBLC building assistance program.

Space Needs Studies And Design Plans...

"We've been working on space needs studies and design plans from 1986 to 1995, when there wasn't even a round of grant funding announced, because we had to be ready to step out smartly when a grant was finally announced," Ms. Campbell said.

In 1988, a library consulting firm was hired to prepare the building study program and in 1995, when the MBLC announced a new round of competitive library construction grants, a second consultant was hired to update the building study as required for the grant application.

Sondra Vandermark Consulting recommended doubling the size of the library to 36,395 square feet, and expanding the parking area from 35 to

101 parking spaces.

In 1996, Town Council voted unanimously to approve the preliminary design plan for the renovation and expansion of the library, and to authorize the Mayor to apply for whatever state or federal funds were available for the project. Although Agawam's first application to the MBLC was rejected, a revised application was submitted in 1997 and Ms. Campbell was notified in September 1999 that a provisional grant of \$1.8 million had been approved.

Ms. Campbell Praises Mayor Cohen...

Elected just two months after the town was awarded the MBLC grant, Cohen deserves a great deal of credit for moving the project forward, Ms. Campbell said.

"We're gratified that Mayor Cohen approved this and submitted it to the council," Ms. Campbell said. "He took over with this huge decision pending. He reviewed it and worked with us. Since we applied (for the grant) in 1996, the costs have gone up, so that was another level for us to overcome."

On a recent tour of the library, Ms. Campbell used the children's section to highlight the library's space woes. The seating for young children is limited to a table accommodating no more than one child and one parent at a time. The preschool seating area is separated from an adult quiet reading area by one waist-high bookcase. In addition to being jammed into a tiny corner of the library, the children's bookcases are piled high with displays of tapes and videos.

The 672 square feet that is home to the children's section should be 5,637 square feet for a community of Agawam's size, according to

SEE LIBRARY EXPANSION - Page 2...



TRICIA GREENE and her two children, Grace and Garrett, recently spent some time in the children's corner of the Agawam Public Library. According to a former state building consultant, Agawam was the only community of its size (to his knowledge) that did not have a separate, much larger children's room in its public library. Library Director Donna M. Campbell and her staff encourage the public to contact the town councilors to express their support for the library expansion project prior to the Monday, June 5th meeting. Advertiser News photo by

Kathy Shepard.

LIBRARY EXPANSION - from Page 1...

MBLC standards. Presently, the library has 5,800 square feet to serve all age groups. In other words, the children's section should be nearly as large as the entire area used by library patrons.

In a letter to Ms. Campbell, MBLC Building Consultant Patience K. Jackson states, "The need for a much larger, separate Children's Room is a pivotal part of your project. The present children's area is embarrassingly small to offer to the children of a city of Agawam's size. There is no space for school projects, preschool play and reading, parents to sit and watch, or staff to work in any organized way. In addition, noise from the children's area can penetrate throughout the library, making quiet study difficult or impossible for students and adults."

For the library staff, the expansion project will bring an end to the days of making do and cramming materials into the available space to the point where patrons and staff are literally squeezing themselves by bookcases and video display racks. And that's just in the areas visible to the public. Currently, there is not enough workspace for staff members to have their own desks, and navigating around the room is an exercise in agility.

Also, more storage space will put an end to the ruthless weeding out of older books and make worthwhile, but less popular, books and periodicals more accessible to the public.

The design plans for the library expansion project are on display at the library and will be available for the public and the council to examine at the council meeting.

By Appointment Only...

Hazardous Waste Collection Day On June 17th In Agawam

The Town of Agawam will be conducting a Household Hazardous Waste Collection Day on Saturday, June 17th, from 9:00 a.m. to 12:00 noon.

It will take place at the Agawam High School parking lot on Cooper Street. Proof of Agawam residency is required, and no commercial businesses will be allowed.

This waste collection is *by appointment only*. For appointments, call the Health Department at 786-0400, ext. 207.

Each household will be limited to a quantity of waste equal to 15 gallons liquids or 20 pounds solid.

WHAT DO I BRING?

From the house: rubber cement; photo chemicals; furniture polish; oven cleaner; drain/toilet cleaners; rug/upholstery cleaner.

From the garage: gasoline/kerosene; antifreeze; engine de-greaser; car wax/polish; driveway sealers; roofing tar.

From the workplace: oil/latex paints; stains/varnishes; wood preservative; paint stripper/thinner; aerosol cans; adhesives.

From the yard: insecticides/fungicides; chemical fertilizers; weed killers; flea control products; no-pest strips; pool chemicals; propane cylinders.

WHAT NOT TO BRING!!!

• Empty containers. (DO NOT BRING EMPTY PAINT CANS; dried, empty cans can be thrown out in the trash.)

- Commercially generated wastes.
- Radioactive wastes/smoke detectors.
- Biological wastes.
- Explosives/ammunition.
- Prescription medicine/syringes.

Motor oil can be brought to the DPW garage, 1347 Main Street, from 8:00 a.m. to 3:00 p.m., Monday through Friday.

Home composting bins will be sold the day of the collection.

Once again, call the Health Department at 786-0400, ext. 207, to make your appointment for the Town of Agawam's Household Hazardous Waste Collection Day on Saturday, June 17th.

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Letters To The Editor

AHS Baseball Team Thanks DPW For Field Maintenance

To The Editor:

The Agawam High School baseball team wants to thank Mike Piccin and his crew for the outstanding job they do keeping the baseball fields in such good shape.

In particular, this past Wednesday, May 24th, after so many rain showers and a storm just before game time, we were the only town that did not have to call the game off due to Mike Piccin's crew's efforts.

The Brownies took Holyoke, 1-0, that day thanks to Mike Piccin and his crew! The Town of Agawam is fortunate to have such a good staff on its DPW to maintain all the fields year-round.

Respectfully submitted,
The AHS Varsity Baseball Team

Let's Hope City Council Supports Library Expansion

To The Editor:

The Agawam City Council certainly heard rousing support from Agawam residents for the proposed library expansion at the "Citizen Speak" on May 15th. The wide range of perspectives expressed and the intense feelings about the need for library improvements were truly inspirational.

My experience working with 300 libraries in the four Western Counties makes it clear that the current Agawam Public Library is woefully inadequate to deliver the services and information needed by people in today's world.

There is no space for computers that have become so essential in providing up-to-date information. The children's area is oppressive due to extremely cramped conditions; it is also unable to accommodate new materials in new formats. Agawam residents deserve much better!

The library has put itself in position to receive almost \$1.8 million in State funds to help defray construction costs. The City Council has an opportunity on June 5th to support the will of the people by voting the funds needed to bring this wonderful project to fruition.

It is a tribute to Mayor Cohen, the City Council, the library, and the people of Agawam that you all have demonstrated the foresight and leadership needed to provide a wonderful library for townspeople today and for many years to come.

Congratulations!
John Ramsay
Regional Administrator
Western MA Regional Library System
Hatfield, MA

Pro Merito Requirements Should Be Reevaluated At AHS

To The Editor:

I am a senior at Agawam High School. For the first three years of my high school career, I worked very hard to be on the honor roll and to receive Renaissance honors, and I believe that my grades reflect how hard I worked.

For my senior year, I decided to participate in the dual enrollment program. This program enables students who have a 3.0 GPA to take courses at a local college, and to earn college credit while completing high school. I chose to attend Springfield Technical Community College during the fall and spring semesters of my senior year. I successfully completed nine courses with a 3.7 GPA.

Now that it is the end of the school year, academic awards are being given to the seniors. National Honor Society and Pro Merito are the two major awards given. Although I am not a member of NHS, I thought with certainty that I had met the requirements for Pro Merito.

I soon found out that I had met all but one requirement. I had an average of 85 or above, and I also had taken 20 credits of traditional academic courses (math, science, English, etc.), however, I did not take all 20 of these credits at AHS. All but seven of these credits were completed at STCC. Because of this, I am not able to graduate with Pro Merito honors.

I have worked extra hard this year in order to take college level courses and I think it is unfair that I am not being recognized for it. If the credits I took at STCC count towards graduation, then they

should also count for graduation honors.

I hope that after reading this, the requirements for Pro Merito will be reevaluated so that in the future, students who participate in the dual enrollment program will be recognized.

Sincerely,
Andrea Prova
Agawam

Let's Not Punish Tobacco Stores For Their KENO Sales

To The Editor:

Why should it annoy someone, anyone at all, for tobacco stores to supplement their business with KENO sales - and what civic-minded citizen, anticipating both additional school expenses as well as a more resident-friendly shift in the tax differential, could reasonably find any shopowner's good business sense alarming?

Are we to punish shopkeepers for their business acumen now? There seems a bright, new, brilliant ethic now pervading our Town - to punish all and any who have ever catered to smokers, and to destroy them if we possibly can.

Those who sit at a tobacco shop stool or table to play KENO purchase not only prepacked foods, but also more tobacco products, while they play. This demonstrates the good business sense that any Town desiring economic growth ought to praise. Instead, the same people intent on damaging the proprietors of Olive Oil's intend to damage these shopkeepers as well.

A Puritanical liberalism that is all or nothing in its approach can only hurt our Town. I would encourage all to be mindfully fearful of the trend, as those bars and lounges also depending on KENO sales shall unquestionably be the next targets. This truly ludicrous tobacco store tiff is little more than a sign of bigger, less business-friendly, pressure-group-spun policies to come.

Sincerely yours,
Owen R. Broadhurst
Agawam

In Praise Of AHS's Spring Season Athletes & Coaches

To The Editor:

Congratulations to all of the Agawam High School boys' and girls' sports teams and the coaches for the 2000 spring season. What really counts is that you did your very best and had great sportsmanship.

Thank you very much to the parents, relatives, friends, and volunteers who came out to the games. Your interest and support were the best in the world!

Very truly yours,
Clyde E.P. Benton
Feeding Hills

LEGAL NOTICE

TOWN OF AGAWAM AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a public hearing on Thursday, June 15, 2000 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Joseph Russo for a request to waive sidewalks on a portion of the Family Estates subdivision.

By Order of Charles R. Calabrese, Chairman
Agawam Planning Board
Published: June 1, 2000

LEGAL NOTICE

Town Council Agenda For Regular Meeting Of Monday, June 5th

1. Citizen's Speak Time
2. Roll Call
3. Moment of Silence and the Pledge of Allegiance
4. Minutes - Regular Council Meeting of 5/15/2000
5. Declaration from Council President
6. Presentation of Petitions, Memorials & Remonstrances

(a) Resolutions

1. TR-2000-20- A Resolution Confirming the Reappointment of John J. Chriscola, Jr., 41 Channel Dr., Aga., MA to the Liquor Licensing Commission for a Term Expiring the First Monday of June of the Year 2005 (Mayor)(Tabled on 5/15/2000).

2. TR-2000-22- A Resolution Confirming the Reappointment of Jay O'Sullivan, B1 Elizabeth Manor, Aga., MA to the Veterans' Council for a Term Expiring April 1, 2002 (Mayor)(Tabled on 5/15/2000).

3. TR-2000-23- A Resolution Authorizing the Discontinuance of a Portion of Agawam Shopping Court (Mayor)(Tabled on 5/15/2000).

4. TR-2000-24- A Resolution Authorizing the Mayor to Convey a 6,269 sq. ft. Parcel of Land, Being the Discontinued Portion of Agawam Shopping Court, to Franklin Realty Company or its Nominee (Mayor)(Tabled on 5/15/2000).

5. TR-2000-25- A Resolution Authorizing the Mayor to Accept a Permanent Easement Over the 6,269 sq. ft. Discontinued Parcel of Land, Being a Portion of Agawam Shopping Court (Mayor)(Tabled on 5/15/2000).

6. TR-2000-26- A Resolution Accepting a Massachusetts Board of Library Commissioners Grant in the Amount of One Million Eight Hundred Seventy Thousand Four Hundred Seven Dollars (\$1,870,407.00) for the Construction of the Expansion and Renovation of the Agawam Public Library (Mayor).

7. TR-2000-27- A Resolution Authorizing a Loan Order in the Amount of Four Million Two Hundred Fifty Thousand Dollars (\$4,250,000.00) for the Construction of the Expansion and Renovation of the Agawam Public Library (Mayor).

8. TR-2000-28- A Resolution Authorizing the Lease or Rental of Real Estate Within the City of Agawam for the Temporary Location of the Agawam Public Library Until the Construction of the Expansion and Renovation of the Agawam Public Library is Completed (Mayor).

9. TR-2000-30-Resolution in Support of Adding 25 Million Dollars to the Medicaid Account in the FY01 Commonwealth Budget (Coun. Letellier, Mineo, Servis).

10. TR-2000-31- A Resolution to establish a special police force in the Town of Agawam (Coun. Rossi).

7. Report of Council Committees

None.

8. Elections

None.

9. Public Hearings

None.

10. Old Business

(a)

1. TOR-2000-5-An Ordinance to Amend Ch. 36 entitled Smoking in Public Places (Coun. Morassi, Letellier, Rossi, Bonavita, Perry, Servis, Mineo, Young) Tabled on 5/1/2000 - Left on table 5/15/2000(1st Reading).

2. TOR-2000-6-An Ordinance to Amend Ch. 36 entitled Smoking in Public Places (Coun. Servis, Mineo, Perry)(2nd Reading).

3. TO-2000-40-Application for License for five (5) automatic amusement devices for Fun Farms LLC d/b/a The Sand Trap, 1399 Suffield St., Aga., MA



The Agawam Advertiser•News

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Visit By Italians To Coincide With Columbus Day Celebration...

Italian Sister City Commission Making Plans For Delegation

by Kathy Cassanelli
News Editor

In his first official communication with the Mayor of Reggio Calabria since taking over as chairman of the Italian Sister City Commission last month, F. William Euliano sent a formal invitation for a delegation of 30 people to share in six days of activities to "celebrate the initiation of our Sister City relationship."

The commission has planned an itinerary from October 4th through the 9th to give the Italian visitors a comprehensive view of Agawam and the surrounding area, providing the opportunity for an "endearing and proactive relationship for both Agawam and Reggio," according to Euliano.

Mayor Richard A. Cohen called the work of the commission "exciting and new," noting that the social, cultural, educational, and economic relationships being pursued by the commission can only "benefit everyone — from the young people to the seniors."

"This is the kind of thing I like to see," Cohen said. "I'm flabbergasted by what the commission has been able to achieve. Their agenda is something we can all participate in."

Noting that he may be "too idealistic," Cohen added, "This epitomizes two countries working together. If every city had a sister city, maybe we could have world peace by building humanitarian relationships."

Euliano called the fledgling relationship between the two cities "an unprecedented opportunity for social, cultural, economic, and educational" exchange.

Already, plans are taking shape for an exchange of letters between schoolchildren in Agawam and their counterparts in Reggio. Dubbed the "Amici Italiani" program, the program was warmly embraced by the Mayor of Reggio during a recent visit by commission member and treasurer Sylvia R. Deliso.

Youngsters here will be asked to fill out brief bio-questionnaires, including their name, address, age, gender, and E-mail address (if available). When the Italians visit in October, School Superintendent Frank Ameruso is expected to present the Mayor of Reggio with a sack of mail to be distributed in the schools, Euliano said.

"When Sylvia met with the Mayor of Reggio to discuss our plans for their visit in the fall, the

children's program was the thing they embraced the most. This is what it's all about educationally," Euliano said. "Hopefully, we will have over 2,000 letters for the schoolchildren in Reggio."

Updating The New Commission Members...

At the commission meeting last week, Euliano updated the new commission members on the four-year process culminating in the selection of Reggio Calabria as Agawam's sister city, as well as the commission's fundraising efforts to cover the cost of the activities planned for the October visit.

While the Italian delegation will pay for their travel and hotel accommodations, the commission will foot the bill for the visitors' expenses for the planned activities during their week-long stay. The commission members who participate in the activities will be responsible for their own expenses.

"The first hurdle for us to overcome is that we are totally unfunded by the Town of Agawam," Euliano said. "Since this a Jubilee Year in Italy and we can't raise enough money with ziti dinners, we decided to go with a Jubilee 2000 Yearbook."

Work on a professionally designed and printed Sister City Jubilee Yearbook is currently underway, with set-up work being done by commissioner David Cecchi at no cost. In March, a letter was sent to local businesses formally soliciting advertising for the books, and commission members will be following up with phone calls and visits, Euliano said.

The largest single expense for the commission is providing bus transportation for the group throughout their stay. With \$3,000 collected to date, the commission members are confident that they will be able to raise the necessary funds (\$8,000 to \$10,000) for their ambitious agenda.

Although subject to changes, the agenda will include three community breakfasts at local banquet halls, a Thanksgiving dinner, and a farewell reception at a local restaurant. The Agawam Lions Club and the Agawam Republican and Democratic Town Committees have agreed to sponsor two of the breakfasts, and other civic groups are being contacted as possible sponsors for the third. Sponsors are also needed for the two

dinners.

Sponsorships For The Italian Delegation...

"The sponsorships are for the Italian delegation," Euliano said. "The commission members will pay for those functions out of their own pockets."

On the first evening in town (Wednesday, October 4th), the Italian delegates will be treated to a welcome barbecue sponsored by the Italian Sporting Club, with beverages supplied by Riverside Liquors. The next day, they will tour Town Hall, the public schools, the Fire Station, and the Agawam Regional Industrial Park. A luncheon, sponsored by Town Councilor & Mrs. Anthony Bonavita, will be held at the Agawam Senior Center.

On Friday, October 6th, the group will tour the Norman Rockwell Museum in Stockbridge, as well as outlet stores in Lee. Capping off the day will be the Thanksgiving Dinner that is considered a "must" by both the commission members and their Italian guests.

On Saturday, October 7th, the group will tour Old Sturbridge Village and spend the evening at their leisure, getting ready for a full day on Sunday, October 8th. After a morning left free for the delegation members to attend Mass (if they wish), the group will assemble with the Agawam contingent to march in the Columbus Day parade in Springfield. Later that afternoon, closing ceremonies will be held at Harmon Smith Field, followed by a farewell reception.

On the last day (Monday, October 9th), the delegation will attend Mass at St. Anthony's Church in North Agawam before setting out for a farewell breakfast. The group will travel to Boston for a tour of the city before transferring to Logan Airport for the return trip home.

Euliano said the Italian delegates will likely stay at a hotel in Downtown Springfield so that they can be closer to the Italian cultural centers of the South End, including Mount Carmel Church and the office of the Italian Vice-Counsel of the Republic of Italy.

Retired Agawam Police Officer Terry Letellier was elected vice-chairman of the commission at last week's meeting.

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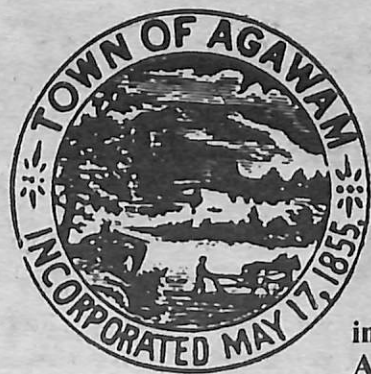
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TOWN OF AGAWAM

PUBLIC HEARING

The following budgets have been submitted to the Agawam Town Council, who will hold a public hearing on Monday, June 19, 2000, at 7:30 p.m., at the Agawam Middle School Auditorium, 68 Main Street, Agawam, Massachusetts. The budgets may be inspected at the Town Clerk's Office, 36 Main Street, Agawam, MA, between the hours of 8:30 a.m. to 4:30 p.m., Monday through Friday. The budgets are also available at the Agawam Public Library, 750 Cooper Street, Agawam, MA, and the Agawam Senior Center, 68 Meadowbrook Manor, Agawam, MA. A summary sheet of the budgets is available.

Ursula Retzler, Council Clerk

CHART OF APPROPRIATIONS — FISCAL YEAR 2001 BUDGET

DEPARTMENT	Personnel Services	Purchased Services	Supplies	Capital Outlay	TOTAL
GENERAL OPERATING BUDGET					
Council	\$90,500	\$15,500	\$350	\$0	\$106,350
Mayor	\$219,067	\$800	\$0	\$0	\$219,867
Administrative Building	\$62,743	\$160,075	\$0	\$0	\$222,818
Law Department	\$41,800	\$84,500	\$0	\$0	\$126,300
Auditor	\$107,357	\$200	\$0	\$0	\$107,557
Clerk/Elections	\$164,351	\$1,150	\$0	\$0	\$165,501
Assessor	\$148,664	\$152,336	\$0	\$0	\$301,000
Data Processing	\$129,368	\$650	\$0	\$0	\$130,018
Treasurer/Collector	\$220,349	\$40,245	\$0	\$4,800	\$265,394
Police Department	\$2,921,574	\$49,093	\$15,130	\$95,404	\$3,081,201
Fire Department	\$2,472,049	\$77,857	\$30,700	\$108,167	\$2,688,773
Inspection Services	\$198,609	\$1,150	\$1,300	\$0	\$201,059
Health Department	\$335,118	\$4,411	\$2,600	\$0	\$342,129
Community Development	\$102,159	\$850	\$0	\$0	\$103,009
Library	\$541,845	\$52,250	\$132,000	\$10,805	\$736,900
Parks & Recreation	\$112,946	\$15,171	\$2,152	\$20,000	\$150,269
Council on Aging	\$235,965	\$60,050	\$3,000	\$0	\$299,015
DPW Administration	\$80,485	\$300	\$50	\$0	\$80,835
Highway & Grounds	\$865,301	\$240,155	\$239,220	\$170,355	\$1,515,031
Motor Vehicle Maintenance	\$143,176	\$42,439	\$231,930	\$5,330	\$422,875
Engineering	\$156,797	\$13,980	\$3,325	\$500	\$174,602
Building Maintenance	\$1,512,883	\$936,675	\$101,800	\$14,950	\$2,566,308
Agawam Public Schools					\$24,452,358
Line Items					\$10,349,838
TOTAL - GENERAL OPERATING BUDGET					\$48,809,007
CAPITAL IMPROVEMENT BUDGET					\$1,140,000
SELF SUSTAINING DEPTS					
Wastewater	\$392,730	\$1,917,132	\$37,250	\$32,244	\$2,379,356
Water	\$581,468	\$1,213,797	\$204,105	\$33,718	\$2,033,088
Golf Course	\$321,004	\$301,890	\$160,600	\$29,000	\$812,494
TOTAL - SELF SUSTAINING DEPTS					\$5,224,938
TOTAL - ALL DEPARTMENTS					\$55,173,945

TOWN OF AGAWAM CAPITAL IMPROVEMENT PROGRAM FISCAL YEAR 2001 - FISCAL YEAR 2005

Fiscal Year 2001 Appropriation Schedule

General Fund Appropriations

Project Description	Projected Amount
Agawam Public Schools - Technology Education	\$125,000.00
Sidewalk Improvement Program	\$20,000.00
Park Improvement Program	\$20,000.00
Street Improvement Program	\$255,000.00
TOTAL	\$420,000.00

Fiscal Year 2001 Bonding Schedule

General Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
Public Works Facility (Land and Design)	\$1,000,000.00	\$107,500.00
Fire Department Aerial Platform Truck	\$700,000.00	\$75,250.00

Revenue Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
Feeding Hills Trunk Sewer South (Design)	\$2,017,500.00	\$216,881.25

Fiscal Year 2002 Appropriation Schedule

General Fund Appropriations

Project Description	Projected Amount
Agawam Town Hall - Preliminary Design Study	\$30,000.00
North Agawam Drainage Improvement - Phase I	\$35,000.00
Agawam Senior Center Expansion - Design	\$100,000.00
Agawam Public Schools - Technology Education	\$125,000.00
Sidewalk Improvement Program	\$20,000.00
Park Improvement Program	\$20,000.00
Street Improvement Program	\$250,000.00
TOTAL	\$580,000.00

Fiscal Year 2002 Bonding Schedule

General Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
New Dept. Of Public Works Facility - Construction	\$4,000,000.00	\$430,000.00
Middle School Roof	\$350,000.00	\$37,625.00

Revenue Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
No Projects Planned	\$0	\$0

Fiscal Year 2003 Appropriation Schedule

General Fund Appropriations

Project Description	Projected Amount
Agawam Town Hall - Design	\$175,000.00
Agawam Public Schools - Technology Education	\$125,000.00
Agawam Public Schools - Jr. High Clock/Intercom System	\$50,000.00
North Agawam Drainage Improvement - Phase II	\$45,000.00
Sidewalk Improvement Program	\$20,000.00
Park Improvement Program	\$20,000.00
Street Improvement Program	\$250,000.00
TOTAL	\$685,000.00

Fiscal Year 2003 Bonding Schedule

General Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
Agawam Senior Center Expansion - Constr	\$1,250,000.00	\$130,000.00
Agawam High School Library Expansion - Constr	\$500,000.00	\$53,750.00

Revenue Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
No Projects Planned	\$0	\$0

Fiscal Year 2004 Appropriation Schedule

General Fund Appropriations

Project Description	Projected Amount
Agawam Public Schools - Technology Education	\$125,000.00
Sidewalk Improvement Program	\$20,000.00
Park Improvement Program	\$20,000.00
Street Improvement Program	\$250,000.00
TOTAL	\$415,000.00

Fiscal Year 2004 Bonding Schedule

General Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
Agawam Town Hall - Construction	\$2,500,000.00	\$260,000.00
Recreation Improvement Project	\$1,000,000.00	\$104,000.00
Agawam Public Schools - High School Gymnasium	\$200,000.00	\$21,500.00

Revenue Fund Projects

Project Description	Projected Amount	1st Year Principal & Interest
Feeding Hills Trunk Sewer South (Construction)	\$18,158,000.00	\$1,951,985.00
Feeding Hills West Sewer Extension (Design)	\$935,000.00	\$100,512.50

Fiscal Year 2005 Appropriation Schedule

General Fund Appropriations

Project Description	Projected Amount
Agawam Public Schools - Technology Education	\$125,000.00
Sidewalk Improvement Program	\$20,000.00
Park Improvement Program	\$20,000.00
Street Improvement Program	\$250,000.00
TOTAL	\$415,000.00

SEE BUDGETS - Page 7...

Fire Wise...

Guidelines On How To Prevent Fires In Manufactured Homes

by Fire Chief David Pisano

It is estimated that over 32,000 manufactured home fires occur each year. They cause 520 deaths, 1,000 injuries, and over \$180,000 in direct property loss.

Fire deaths in manufactured homes occur at twice the rate of fire deaths in houses. Victims in manufactured homes are more likely to be trapped by fire than those in houses.

If you live in a manufactured home, fire is probably the greatest single threat to you and your family. Studies have shown that a fire is most likely to start in the kitchen, followed closely by the living room, bedroom, and utility room.

The following guidelines will help you prevent a fire in your home:

- Install and maintain smoke detectors outside bedroom areas. Test your detectors at least once a month and change batteries annually. If you have smoke detectors that are connected to your electrical system, consider having battery detectors as a back up in case of fire in the electrical system.

- Have an ABC/multi-purpose fire extinguisher on hand and learn how to use it. But, remember, fire extinguishers are small and should be used to fight small fires, after everyone has gotten out and the fire department has been called.

- Plan and discuss with your family what to do in case of fire. If you have quick exit windows, make sure you know how to operate them. If not,

have something available to break out the window if necessary.

- Have your heating system checked by a professional at least once a year. Keep areas around furnaces/heaters free of dust and other combustible materials.

- All appliances should be in good working order. Replace worn or frayed electrical cords.

- Electrical circuits should not be overloaded. Before installing a major appliance that wasn't part of your original equipment, check the adequacy of the wiring.

- When using extension cords, make sure they don't run under rugs or carpets.

- Cooking should not be left unattended. If a fire occurs on the stove, put a lid on it or use baking soda or a fire extinguisher.

- Keep kitchen appliances clean and free of grease build-up.

- Make sure your lot is clearly marked so that emergency vehicles can find you quickly.

- Post emergency numbers on your phone and a neighbor's phone.

Look for potential fire hazards around your home and take the necessary steps to correct them. A fire-safe home starts with you.

Contact the Agawam Fire Department at 786-2662 for more information.

A Note To Our Subscribers:

We wish to thank you, our many subscribers, for your loyal readership and support over the past year. Renewal notices for our one-year billing period from July 1, 2000 to June 30, 2001 are now in the mail.

To receive your discount, please pay before June 30, 2000. Send your check and the top portion of your bill to Office Services Unlimited, Box 96, Agawam, MA 01001. Again, without our loyal subscribers, giving the Town of Agawam a quality hometown newspaper each week of the year would be impossible.

BUDGETS - from Page 6...

Fiscal Year 2005 Bonding Schedule

General Fund Projects		
Project Description	Projected Amount	1st Year Principal & Interest
Agawam Public Schools - All Weather Track	\$400,000.00	\$43,000.00
Revenue Fund Projects		
Project Description	Projected Amount	1st Year Principal & Interest
No Projects Planned	\$0	\$0

JUST THREE WEEKS AWAY: The AAN's annual "Graduation Issue" will be published on Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients.



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— Agawam Obituaries —

Max M. Pietras

Max M. Pietras, 84, of 462 Main Street, Agawam, and formerly of Chicopee, died recently at home. He was a meter reader and installer for the Chicopee Electric Light Department.

Born in Chicopee, he lived there for most of his life and moved to Agawam a year and a half ago. He was a communicant of the Basilica of St. Stanislaus, Bishop and Martyr, in Chicopee.

An Army veteran of World War II, he was a technical sergeant in the 104th Infantry Regiment of the 26th Infantry (Yankee) Division and participated in the Northern France, Ardennes and Rhineland campaigns in 1944-45. He was wounded in action in October 1944 and was awarded the Purple Heart.

He was a member of the International Brotherhood of Electrical Workers and the Disabled American Veterans Chapter 19 of Chicopee.

He leaves several cousins, including Larry Maziarz of Chicopee and Alicia Turowski of East Longmeadow.

The funeral will be Friday morning, June 2nd, at Lawrence A. Maziarz Mortuary and the basilica, with temporary burial in the parish cemetery, all in Chicopee. Final burial will be in the state Veterans' Memorial Cemetery in Agawam next fall. Calling hours were scheduled for Thursday evening, June 1st.

Memorial contributions may be made either to the St. Stanislaus School Endowment Fund, 534 Front Street, Chicopee, MA 01013, or the Visiting Nurse Association and Hospice of Western New England, 50 Maple Street, P.O. Box 9058, Springfield, MA 01102-9058.

John F. Martin, Jr.

A graveside service will be held for John Frederick Martin, Jr., formerly of Longmeadow and Agawam, in Center Cemetery here Saturday afternoon.

He died December 24th in Daytona Beach, Florida. He worked for Combustion Engineering Co. of Windsor, Connecticut, and retired in 1982.

Born and schooled in Springfield, he was a graduate of Bryant College in Providence, Rhode Island. He enlisted in the Army Air Forces in 1941 and served in the European Theater with the rank of staff sergeant.

He was a master of the Longmeadow Masonic Lodge and belonged to the Melha Shrine Temple and its clown unit in Springfield for many years.

He leaves his wife, Mildred Martin; three stepdaughters, Drinda McNichol of San Antonio, Texas, Judith Elwell of Westminster, Maryland, and Janice Kindle of Owasso, Oklahoma; two sisters, Marian Brock of Lakeland and Alyce Knight of Westfield; and four grandchildren.

Bellevue Cedar Hill Funeral Home of Daytona Beach is in charge.

Walter T. Kerr

Walter T. Kerr, 82, of Belden Court in Feeding Hills and also of Daytona Beach Shores, Florida, a former state representative and chief investigator for the attorney general's office, died Wednesday in Ormond Beach, Florida.

He was a state representative from 1966 to 1970 and worked for the attorney general's office from 1970 to 1984. He was also a 26-year design engineer at the former American Bosch Co. in Chicopee and retired in 1966.

Born in Springfield, he was a lifelong Feeding Hills resident and in his later years spent winters in Florida. A World War II Army veteran, he was a member of the American Legion Post 185 in Feeding Hills and a lifetime honorary member of the Polish American Club, where he called bingo.

He was a communicant of Sacred Heart Church and a charter member of the Mawaga Sportsmen's Club and the West Springfield/Agawam Lodge of Elks 2174.

His first wife, the former Dorothy Feeney, died in 1964, and his second wife, the former Margaret Kane, died in 1986. He leaves a daughter, Karen A. Brunault of Ft. Pierce, Florida; a brother, Paul R. of Agawam; two sisters, Ruth E. Roberts of Agawam and Grace Belisle of Edgewater, Florida; and his longtime companion, Margaret (Tatro) Colburn.

The funeral was held at Agawam Funeral Home and the church, with burial in Springfield Street Cemetery.

Walter Los

Walter Los, 79, of 96 Royal Lane, died recently in a local nursing home. He worked for 32 years at the Hamilton Standard Division of United Technologies Corp. in Windsor Locks, Connec-

ticut, and retired in 1983.

As a youth during the Depression, he worked for four years in the Civilian Conservation Corps and traveled across the country building parks and ski trails.

He was born and schooled in Chicopee and lived there for more than 40 years. He was a communicant of Sacred Heart Church in Feeding Hills.

He leaves his wife, the former Margaret L. Moccio; a son, John J. of Agawam; a daughter, Barbara Los Mosher of West Springfield; two grandchildren; and one great-grandchild.

The funeral was at the Colonial-Forastiere Funeral Home and the church, with burial in Springfield Street Cemetery.

Memorial contributions may be made to the Alzheimer's Disease and Related Disorders Foundation, 11 Campus Lane, Easthampton, MA 01027.

Joseph De Palo

Joseph De Palo, 88, of Agawam, died recently at Holyoke Hospital in Holyoke. He opened his own upholstering business in 1958 and retired in 1973.

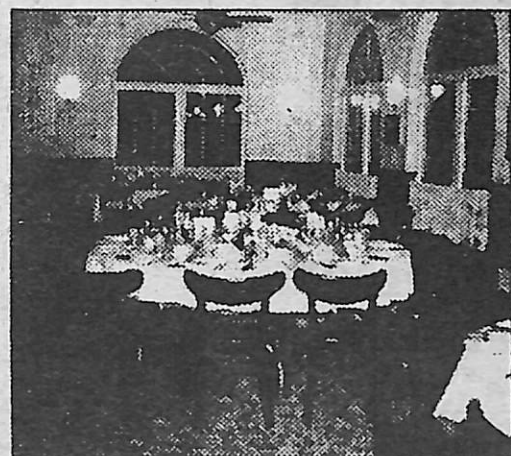
He was also an upholsterer at the former Hamden Parlor Furniture Co. in Springfield. Born in Howe Cave, New York, he moved to Springfield in 1920 and to Agawam in 1951.

He was a World War II Navy veteran and received the American Theater Medal. He was a communicant and usher at Our Lady of Mount Carmel Church and a life member of the Agawam UNICO Club and the Agawam Lions Club.

His wife, the former Elisa Maddaloni, died in 1992, and a son, Joseph Jr., died in 1985. He leaves a daughter, Marianne R. Stokowski of Feeding Hills; a brother, Thomas of Agawam; a sister, Sarah Gauthier of Springfield; two grandchildren; and two great-grandchildren.

The funeral will be Thursday morning at Colonial Forastiere Funeral Home and the church, with burial in Springfield Street Cemetery in Feeding Hills.

Memorial contributions may be made to the Mount Carmel School Endowment Fund, 123 William St., Springfield, MA 01105.



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Friday, June 2 - Piano Vocalist Kevin Burns

Saturday, June 3 - Pianist Natalie Borowiec

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Veterans' Corner...

Some Interesting Information For Veterans On The Internet

by Veterans' Agent Edward Kellogg (786-0400, Ext. 236/237)

Every day, I find more and more interesting things on the Internet. I would like to share this piece with you.

In association with the History Channel, History Channel.com is proud to announce the launch of www.Veterans.com < <http://www.Veterans.com> > an online community for veterans, family members, military buffs, and students.

Veterans.com was created to complement the existing veterans' publications and Web sites. The goal is to connect veterans with other veterans and the younger generation to keep history alive.

Among the features found on the site, Veterans.com includes:

- The veterans' locator will help veterans locate comrades from their past, even if they only search by a nickname or hometown.

- "Eyewitness Accounts" invites veterans to share and preserve their experiences for the

future generations.

- The "Discussion Forum" provides a place to discuss past and current issues, or ask veterans about their experiences.

I think this Web site will be a helpful tool for educational purposes for your youth, as well as a useful tool for us veterans. Try it out and see for yourself.

AGAWAM HONOR ROLL

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NARDI, HOWARD R.

NARDI, NORMAN J.

NARDI, RAYMOND J.

NATALE, MICHAEL J.
NEARY, EDWARD F.
NEWMAN, ALEXANDER D.
NICHOLAS, ALBERT E., JR.
NICKERSON, DOUGLAS M.
NISSEN, PETER R.
NOLIN, JAMES F.
NORMAND, ROBERT A., JR.
NOVAK, CARL P.
NOVAK, EDWARD J.
OBERHEIM, ALAN P.
O'CONNOR, JOSEPH E., JR.
O'KEEFE, GERALD F.
O'KEEFE, THOMAS E.
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MEMBER F.D.I.C.



A Former Town Councilor...

Quatrone New Exec. Dir. Of Housing Authority

by Kathy Cassanelli
News Editor

A month after being sworn in as the executive director of the Agawam Housing Authority, former Town Councilor Christian M. Quatrone is already looking forward toward achieving some of the long-term goals of the state-run agency. First on the list: acquiring more property in Agawam for federally-funded housing projects for low-income families, the elderly, and people with disabilities.

Selected from a field of nine candidates, Quatrone feels privileged to have been appointed to a job that allows him to continue his career in public service in the community where he was born and attended public school.

Housing Authority Board Chairman James J. Harkins said Quatrone, was chosen by a unanimous decision of the five-member board over three other candidates who were interviewed. Harkins said Quatrone's outstanding resume, along with his background as a former town councilor and auditor working with housing authorities, made him the board's unanimous choice.

"So far, we're very well-pleased with his performance," Harkins said. "He is very aggressive, and his relations with the tenants are excellent."

Harkins praised the new executive director for the way in which he has taken over the stewardship of two major renovation projects underway at Brady Village in Feeding Hills and at Meadowbrook Manor.

"He's been pursuing those projects and searching out grants for other projects," Harkins said.

Both Harkins and Quatrone consider his experience as a town councilor and in the state auditor's office to be invaluable assets for the Housing Authority. Quatrone said he plans to use the relationships he has with State Senate Majority Leader Linda Melconian, State Representative Dan Keenan, town department heads, police officers, the Fire Department, and the School Committee to make the Agawam Housing Authority a model for other cities and towns across the Commonwealth.

"The police chief is more than happy to provide me with his help in doing programs for our children and the elderly, and I intend to work with the Town Council and the School Committee for the benefit of both the town and our residents," Quatrone said. "We have a lot of opportunities to utilize those resources."

Input From The Town's Senior Citizens...

Another resource Quatrone plans to use is close to home, or at least, close to his office: input from the town's senior citizens.

"I love the fact that our office is located in the Senior Center," Quatrone said. "We leave our door open to the countless numbers of seniors who come in every day to say hello or to let us know what they want done."

Taking over the reins at the Housing Authority after the bids were taken on the two modernization projects, Quatrone is overseeing the construction phase of completely redoing all of the bathrooms in family units at Brady Village



CHRISTIAN QUATRONE (seated - center) signing his contract as the new executive director of the Agawam Housing Authority. Standing: Joann McGeoghan, Housing Authority Board secretary; Bob Watson, assistant treasurer; and Rosemary Sandlin, vice-chairwoman. Seated on either side of Quatrone: Dottie Drewnowski, treasurer, and Jim Harkins, chairman. Advertiser News photo by Kathy Shepard.

and replacing the windows at the adjacent Meadowbrook Manor and at the Senior Center.

"We're going to start replacing the bathrooms at Brady Village on June 5th. We plan to do four a week until the project is complete in November," Quatrone said.

While their bathrooms are being renovated, the tenants will be rotated into four vacant units for the week. While they will still have access to their apartments and their possession, the tenants will be living in temporary, furnished quarters as the work on their individual apartments is being completed.

Quatrone said his plans for the future include replacing the storm doors on the 40 units at Country View Estates; replacing sidewalks at Colonial Haven; and replacing the fenced-in, cemented clothesline area at Brady Village with a park-like atmosphere including grass, plantings, picnic tables, and a play area for youngsters.

"I'd like to make it a place for families to meet with their neighbors," Quatrone said. "This is something the tenants have voiced their concerns about. They would like to see an area where their children can play."

To raise awareness of the Housing Authority within the community, Quatrone plans to become active in the Rotary Club and in the Agawam Chamber of Commerce, where his membership is being sponsored by Northrup Electric.

A graduate of Agawam High School, Quatrone earned a bachelor of science degree from Western New England College in 1995 and a master of science degree from Central Connecticut State University in 1997.

After serving a two-year term on the Town Council, Quatrone was appointed to the state auditor's office, working on financial audits of Western Massachusetts Housing Authorities for one year. In 1999, he was appointed information technology auditor for state colleges, universities, hospitals, and courts and was responsible for financial audits as well as Y2K compliance audits for state agencies.

An agency of state government, the Agawam Housing Authority has jurisdiction over 242 units for the elderly and handicapped as well as for families in Agawam. There is currently a two-year waiting list for housing at some of the authority's facilities.



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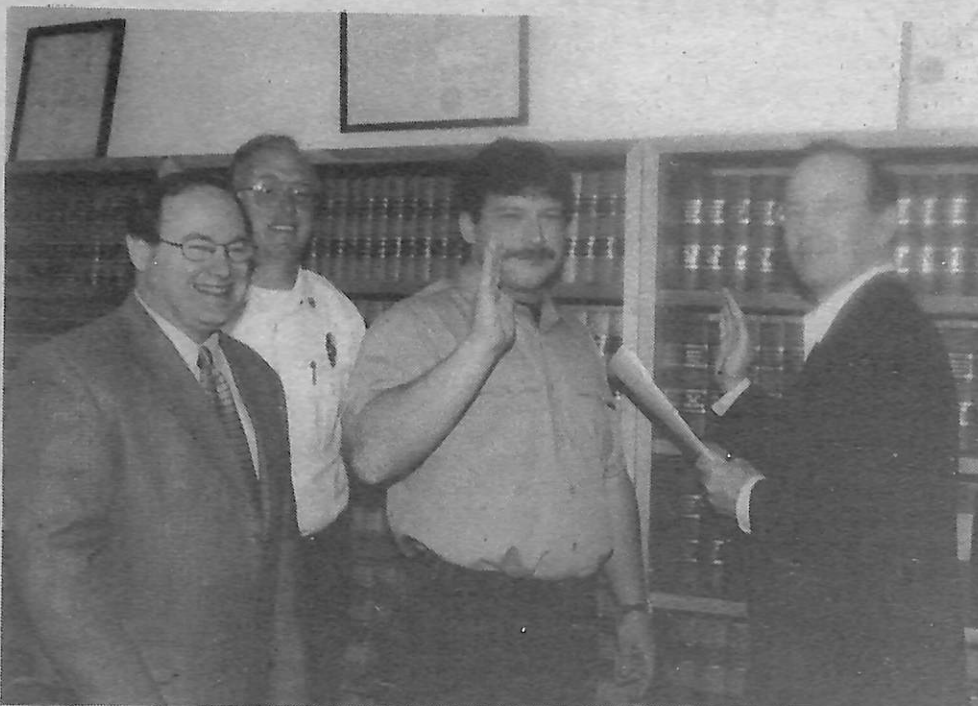
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"Swearing-In" Ceremonies At Town Hall



STEVEN G. DRAGHETTI (second from the left), who has been a member of the Agawam Police Department since March 23, 1980, was recently sworn-in as a permanent, full-time lieutenant. Pictured with Draghetti are (from left to right) Mayor Richard Cohen, Town Clerk Richard Theroux, and Police Chief Robert Campbell. Advertiser News photo by Kathy Shepard.



ON MAY 9TH, KENNETH J. SAGENDORPH (center) of Pittsfield was sworn-in as a firefighter/paramedic at Town Hall. He replaces Robert Briggs, who retired after 32 years of service. Sagendorph has been a paramedic since 1995. Pictured with Sagendorph are (from left to right) Mayor Richard Cohen, Fire Chief David Pisano, and Town Clerk Richard Theroux. Advertiser News photo by Kathy Shepard.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!

* * *

* * *

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

* * *



TOWN OFFICIALS AND MEMBERS OF HIS FAMILY were on hand to congratulate newly sworn-in Police Lieutenant Steven G. Draghetti, who resides on Independence Drive in Agawam. Back row: Police Chief Robert Campbell, Matt Draghetti, Catherine Draghetti, Lt. Draghetti, Mayor Cohen, and Police Sgt. Richard Curry. From row: Christy Draghetti, Rene Draghetti, and Michael Draghetti. Advertiser News photo by Kathy Shepard.

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New Guinea Impatiens

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Gallon Size

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From Big E follow 147 west past Sarat Ford, climb North St. hill. James Street is 5th street on right. Watch for signs.



Families



IN TOP PHOTO: Donna Calabrese (far left) holds just one of the many flower arrangements that are for sale. IN RIGHT PHOTO: The sign welcoming customers to Calabrese Farms, located at 257 Feeding Hills Road (Route 57), Southwick. Advertiser News photos by Carol G. Leonard.



Calabrese Farms: A Swk. Landmark

by Carol G. Leonard
Advertiser News Feature Writer

Calabrese Farms is synonymous with top-quality, locally grown produce for 40 years. Located on Route 57 at 257 Feeding Hills Road, Southwick, it is open to the public from 8:30 a.m. to 7:30 p.m. The telephone number is (413) 569-6417.

Joe & Elanore Calabrese started this farm 40 years ago. Donna Calabrese remarks, "My in-laws, Joe Calabrese and the late Elanore Calabrese, began their produce business with just a small stand under a tree here, selling fruits and vegetables. Then they expanded into a greenhouse operation. Eventually, the business grew large enough where they could put up a small stand to display and sell their produce. Over the years, the stand was enlarged four or five times to accommodate the increasing business."

Today, Donna and her family own and operate the farm, having taken over the farming business once Joe and Elanore retired. Donna, her husband Tom, and their three children keep busy with a full schedule. Their sons, Joe and Mike, are 17 and 15, respectively, and daughter Danielle is 12. "The two boys help their father out in the field, and Danielle is taking her turn learning the road-side stand operation," says Donna.

The picturesque setting for this 200-acre farm adds to the pleasure of selecting plants and touring the greenhouses. Speaking of the greenhouses, they are alive with color; from the potted sunflowers to the beautiful hanging baskets, overflowing with petunias, fuchsia, and many other plants. Currently, the specialties are

the flowers and vegetable plants for home gardens.

There is an endless array of flowers to select from here, including impatiens in 25 different varieties, a huge variety of geraniums (including ivy geraniums), and 25 different varieties of petunias, along with a large selection of cutting flowers like zinnias, blue salvia, tall snap dragons, astors, and others. Donna makes bouquets out of these flowers and sells them at the stand.

"I Love The Flower Season..."

"I love the flower season," says Donna. "It's really nice because people are very anxious and gung-ho on planting their gardens and getting their flower boxes made. Everyone that comes in is always so happy because our opening is like a sign to the people that spring and planting season has begun." She adds, "It's nice hearing the positive feedback from our repeat customers from all over, even out of state."

Doors open for the season here at the end of March or the beginning of April, and close the second week in October. "We open with pansies and perennials. Summer is our big peak season, and we grow our own peaches and super-sweet musk melons. In the fall, we harvest our six acres of cabbage for distribution to the grocery stores and for the stand. We also supply some of the major area grocery stores with our sweet corn."

Calabrese Farms starts its season during the last week in December in the greenhouses, seeding pansies, geraniums, and other plants. Around April 1st, the first group of peas is put in,

along with seeding the corn, spinach, lettuce, and the early crops.

"In March and April, we start seeding the squash, cabbage, and lettuce plants; all those are in the greenhouses to get an early start to the growing season for field planting," says Donna. This early greenhouse growing is one reason for the much thriftier and hardy plants when fully mature.

Advice For Beautiful Gardens...

Donna's advice for growing beautiful flower and vegetable gardens is, "First, select quality plants; that's important, just as important as the soil and feeding. There are now on the market 'prepared soil potting mixes' that are very good. We sell a pre-mixed potting soil here, with a mix of peat moss, perlite, and an organic fertilizer in it. We also sell a complete mix to use on the ground; it has dehydrated cow manure, peat moss, and topsoil. You just pour and use."

Donna remarks, "We are currently growing hot house tomatoes, which I'm harvesting now for sale on the stand, along with peppers and cucumbers. For field crops, we now have spinach and asparagus. By the first week in June, we should have beet greens, and after that, our strawberries."

Depending on the weather, strawberries are ready around June 7th or 10th. There are no pick-your-own strawberries this year at the farm.

Come spend a day at Calabrese Farms; you'll be sure to find what you need for flower or vegetables gardens.

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Love,
Chip, Jill & Peg

From The Memory Lane Chorus...

A "Mystery" Concerning A Song About The U.S. Flag

A small mystery has come up concerning another song about the flag that will be performed by the Memory Lane Chorus at the "Flag Day Concert."

On June 14, 1935, a young lad sat in an elementary school fourth grade; writing (copying?) a poem about the flag.

A few years later, he was playing the drum in his Scoutmaster Fathers Troop Drum Corps. He also learned to play the bugle when more members were needed in that section. His first two merit badges were in Bugling and Music.

In 1944, he became the Battalion bugler for the Army Air Corps pre-cadet training unit at Mass. State College (now the University of Mass. in Amherst).

Following the war, he became a member of the Lt. Norman Prince VFW Drum and Bugle Corps of Boston (a corps that had already won two national championships) and with them, went on to win three more.

In representing the Corps in the individual bugling contests at the national conventions, he placed first in the events held in Chicago and Milwaukee.

In later years, he served as a judge for many national Drum and Bugle Corps contests during the 1970's and 1980's.

To hear the rest of the story, come to the "Flag Day Concert" at the Agawam Senior Center on Wednesday evening, June 14th. The public is invited and admission is free. Our mystery person will be there and also another special guest performer who will assist the "Memory Lane Chorus" in their performance of 14 songs about our flag and other presentations in honor of the veterans from all eras in the history of our country.

15 STARS & 15 STRIPES

With the admission of two more states into the Union (Vermont in 1791 and Kentucky in 1792), an act of Congress, effective May 1, 1795, increased the number of stars and stripes from 13 to 15.

This was our national flag for the next 23 years and was carried in three wars for the maintenance of the rights of American citizens: in the suppression of French privateers (1798-1800); against the pirates of Tripoli (1801-1805); and with Great Britain (1812-1815).

Waving triumphantly over Fort McHenry amid the shots and shell raining down from a heavy British bombardment, September 13, 1814, this flag of 15 stars and stripes inspired Francis Scott Key to write "The Star Spangled Banner," America's national anthem.

ADDITIONAL STARS ADDED TO THE FLAG

To quote from the John Hancock publication of 1927, from which we have been excerpting information about the flag: "Twenty-eight States have been admitted since 1918 (five states had been added previously), so that our flag now contains forty-eight stars. An executive order provides for forty-eight stars, to be arranged in six horizontal rows of eight stars each.

Each State is represented by a certain star. Beginning in the upper left-hand corner and reading each row from left to right, the star of each State appears in the order of the State's ratification of the Constitution and admission to the Union.

(Our own further comment: with the addition of Hawaii and Alaska to the Union, an additional rearrangement of the stars was needed for our present flag of 50 stars.)

On Friday, June 2nd...

Blood Drive To Help Boy Scout Earn Eagle Badge

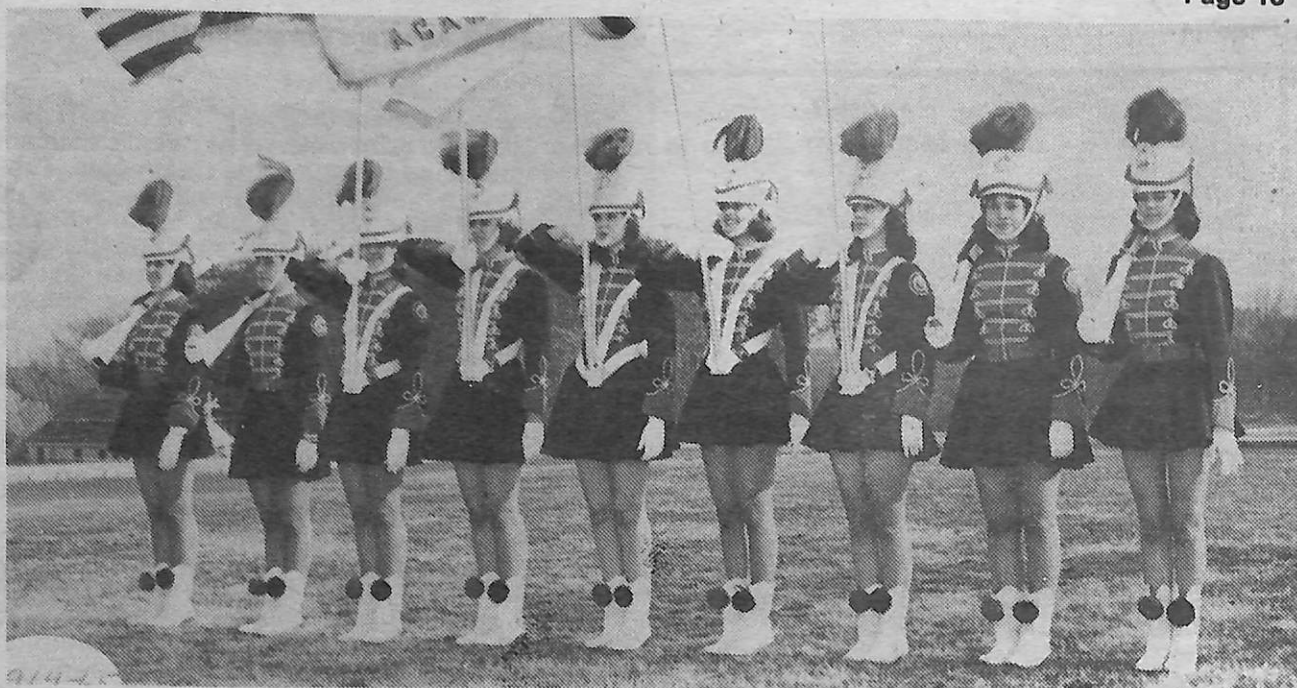
On Friday, June 2nd, from 2:00 to 8:00 p.m. at the church hall of St. Anthony of Padua Church (108 Bridge Street, Agawam), the American Red Cross will be hosting a blood drive.

This worthwhile and life-saving event will help Tony Brignoli to earn his Eagle Scout badge. Brignoli is ninth-grader at Agawam High School and a member of Troop 78 from the Springfield Turnverein.

Walk-ins will be welcome at the blood drive.

Jr. High PTO To Meet On Monday, June 5th

The Agawam Junior High School PTO will hold its next meeting on Monday, June 5th, at 7:30 p.m. in the school cafeteria.



FACES FROM PAST COLOR GUARDS AT AGAWAM HIGH SCHOOL: in photo above (1964-1965) — Cynthia Berkowitz, Linda Negrucci, Cheryl Strniste, Lorilee Kistner, Judy Morrissey, Susan Howard, Diane Ferioli, Patricia McMahon, and Nancy Catelotti; in photo below (1965-1966) — Jackie Bouley, Julie Haidemenos, Beverly Cowan, Karen Dizielle, Sandra Lamier, Diane Jackson, Sandra Sliva, Kathy Leamy, and Linda Mills.



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Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

Last week, I wrote about teenage acne. Another common complaint is adult acne, and most women who thought they had left it behind find that it has returned.

As I explained last week, it is mostly heredity that determines your destiny with acne. Studies have found that these women have higher-than-normal androgen levels (a male hormone present in both males and females).

Many women in their 30's and 40's experience high levels of stress due to the burden of a career, child-rearing, housekeeping, and maybe the caring of aging parents. This can also contribute to the flare-up or the severity of the breakout.

There is no cure for acne, but treatment can make a considerable improvement. For milder acne, gentle cleansing with a mild cleansing lotion is recommended. The two important skin helpers are drinking plenty of *water* to flush the toxins out, and getting enough *sleep* which helps to regenerate skin cells.

It is also a good idea to choose non-comedogenic products for skin care. The use of an alpha hydroxy acid cleansing lotion will help remove the dead skin cells so they do not end up clogging the pores. Application of a vitamin A lotion (Retin-A or tretinoin) is also helpful for skin shedding and toning, but can leave you more sensitive to the sun.

If your skin is oily, then select a more drying cleansing preparation containing benzoyl peroxide or salicylic acid (also known as beta hydroxy acids). If you acne is localized such as your chin area, check out your phone habits; many women found that this has been the problem!

Hormone treatment can benefit women in their 20's or 30's who have a history of failed treatment or an intolerance to basic acne treatments. They usually have a history of menstrual irregularities, premenstrual acne flare-ups, and facial oiliness. The use of oral contraceptives and antiandrogens like spironolactone or flutamide (which act by blocking the effects of testosterone on the oil glands and hair follicles) are very effective and are often used together.

Severe cases of acne are usually not treated with these hormones. Improvement can be seen in one to three months. Spironolactone is primarily prescribed for the treatment of high blood pressure, and besides treating acne has been used to treat excess hair growth in women.

It also helps with premenstrual syndrome and acts as a diuretic, which may help with weight gain usually experienced by women on birth control pills. This drug has been used for over 25 years and has been proven to be quite safe and well-tolerated.

Severe acne can be treated with a drug called Accutane (a vitamin A derivative). This is tightly regulated by the FDA, as it can cause fetal malformation and has many side effects. A signed consent form and a negative pregnancy test may be required. It has been found that 90 percent of those who take the drug have experienced inflammation of the lips and sometimes the eyes, and 80 percent experience drying of the skin, nose, or mouth.

A dermatologist can surgically drain large pustules or abscesses, and many perform plastic surgery to smooth deeply-pitted and scarred skin. Dermabrasion is like sandpapering the skin to remove slight scarring, but can cause discoloration of the face. With the new medicines on the market now, this process has become less popular.

Thought for a smile: Warm beach sand between your toes.

And remember ... Beauty is our Business!

*Best local news
with us - AAN!*



JONATHAN MICHAEL RUMPLIK

**The Rumplik Family
Announces Birth Of
Son, Jonathan Michael**

Tammy & Shawn Rumplik of Agawam are pleased to announce the birth of their son, Jonathan Michael Rumplik, on March 11, 2000.

He was born at Baystate Medical Center in Springfield. Jonathan's big brother is Christopher Rumplik.

Jonathan's grandparents are Bill & Becky Washburn of Agawam, and Gail & Larry Rumplik of Feeding Hills.

His great-grandparents are Frank Veroneau of Springfield, Mary Washburn of Westfield, Phyllis Rumplik of West Springfield, and Nancy & John Adams of Wilbraham.



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- **Wednesday** — buy one, get one free on 3x5 or 4x6 reprints from the same 35mm or 110mm negative (color, glossy paper only).
- **Friday** — bring in a roll of film to be processed (color 35mm, 110mm) and receive **\$1 off 12 exp., \$2 off 24 exp., \$3 off 36 exp.** (not to be combined with any offers or coupons / 1-hr. service only).

371 Walnut Street Extension, Agawam

Offer Ends June 17th

WestSide's Taste On The Common Scheduled For June 9th-11th

Some of the area's premiere chefs and restaurants are preparing their signature dishes and innovative new offerings for the upcoming WestSide's Taste on the Common event, which will run June 9th-11th on the Town Green in West Springfield.

"I'm sure attendees are going to be delighted by the dishes they'll expect to see from certain chefs," says Lee Chambers, director of public relations and advertising for the event. "However, they're in for some surprises, too, because many of the dishes are very creative and will be part of an exciting array of food. The chefs are working very hard to make West Springfield's 'first-ever' Taste a memorable weekend."

Among the dishes to be featured at the Taste are sausage and pepper grinder (B'Shara's Restaurant); fresh carved ham slices (Simon Sez Restaurant); calzones with cheese and pepperoni (Angelo's Restaurant); carmel oven-baked french toast (Partner's Restaurant); seafood scampi with linguini (Sabrina's Cafe); strawberry cheesecake (Costco Wholesale); pierogis (Millie's Pierogis); fudge puppies (Spuds); tiramisu (Villa Napoletana); and ziti, broccoli, and chicken (Mama Mia's Pizzeria).

WestSide's Taste on the Common is being presented by the West Springfield Chamber of

Commerce with assistance from the Office of the Board of Selectmen and the Town of West Springfield. Corporate sponsors include AAA Pioneer Valley Auto Club, Bertera Cars & Truck Dealership, MediaOne, Mt. Tom Box Company, and Western Massachusetts Electric Company.

In addition to a variety of appetizers, entrees, and desserts, the event will feature 'round-the-clock entertainment, hot air balloon rides (weather permitting), face painting, and kiddie rides. The Taste will be open Friday, June 9th, 11:00 a.m.-1:00 p.m.; Saturday, June 10th, 11:00 a.m.-11:00 p.m.; and Sunday, June 11th, 12:00 noon-8:00 p.m. Entertainment will be provided by several local performers, including Brass Attack, the Daytonas, Schmooze By, Swingtime, Frank Manzi Band, The Memories, Broken Spoke, the Majestics, Rustler, the David Bovat Dancers, and Gan Airm.

Volunteers are still needed to assist with a variety of duties during the event, including beverage and token sales, parking control, talent assistants, and clean-up, and can call (413) 263-3284 for details. Proceeds from WestSide's Taste on the Common will benefit several West Springfield-based charities, including D.A.R.E. and Big Brothers/Big Sisters.



SHANNON T. CONANT & DAVID M. FLEURY

Shannon T. Conant To Marry David M. Fleury This September

Lenore Masciotra Brooks announces the engagement of her daughter, Shannon T. Conant, to David M. Fleury, son of Donna Safford Fleury.

Shannon received a bachelor of arts degree in paralegal studies in 1997 from Our Lady of the Elms College. She is currently employed with the United States Attorney's Office in Hartford, CT.

David received a bachelor of science degree in plant and soil science, with a concentration in business, from the University of Massachusetts-Amherst in 1993. During the last five years, he has designed and constructed golf courses with Jack Nicklaus and Jerry Pate, and is now working on a new 18-hole project in East Haddam, CT, for the Robert Trent Jones group.

The happy couple is planning a September 2000 wedding in Agawam.

MANE-I-ACS Slate Annual Horse Show For Sun., June 4th

The MANE-I-ACS 4-H Horse Club will be holding its annual horse show on Sunday, June 4th, at 9:00 a.m. at the Westfield fairgrounds on Russellville Road, Westfield.

This event will be held rain or shine, and will include both open and 4-H divisions.

* * *

*Please remember to patronize your
local businesses ... AAN!!!*

* * *

Father's Day Pancake Breakfast At The Italian Sporting Club

A Father's Day Pancake Breakfast will be held Sunday, June 18th from 8:00-11:30 a.m. at the Italian Sporting Club, 349 Cooper St., Agawam.

Proceeds from the event will benefit the Chief Grady Memorial Scholarship Fund. Cost is \$3.50 for adults and \$2 for children.

The Italian Sporting Club officers and committee members include Rudy Altobelli & Anthony Chicketti, co-chairmen; Anita Hastings, secretary; Robert Rossi, treasurer; and Scholarship Committee members Kay Muzzy, Martha Jerry, Bob Swikalus, Louis Ball, Matt Blackak, and Ben McCullough.

For tickets, call 789-4168.

Christopher C. Johnson



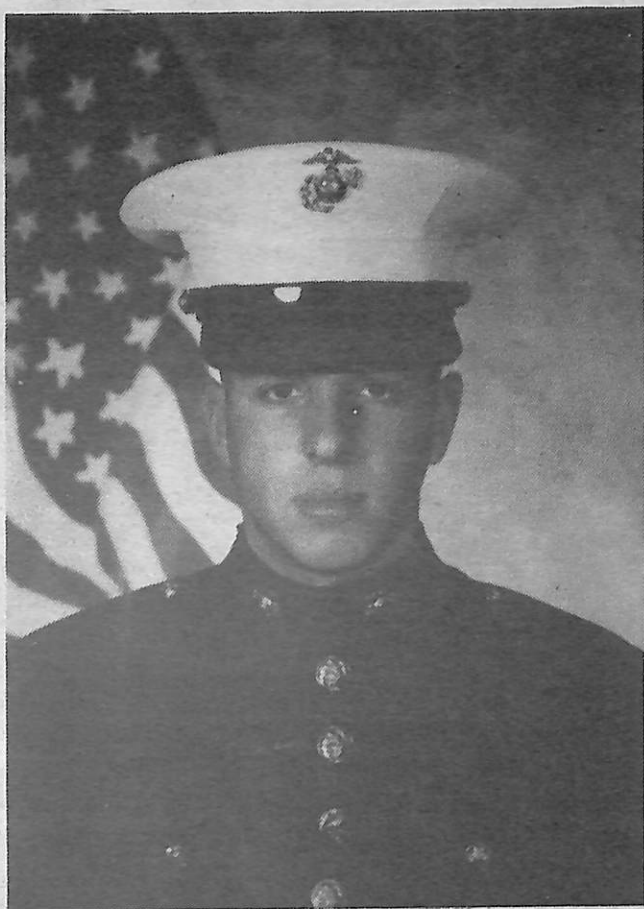
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MARINE VINCENZO TIRONE

Vincenzo Tirone Graduates From Marine Boot Camp

Vincenzo Tirone, the son of Anna & Thomas Gallagher of Agawam and Pasqualino Tirone of Boston, graduated March 24th from the U.S. Marine Corps Boot Camp at Parris Island, South Carolina after 13 weeks of training.

In boot camp, Tirone won the rifle expert medal, qualifying with the M-16 service rifle up to a distance of 500 yards. He was also trained with chemical agents and water survival. Tirone is now reserve status at Westover with the HUMM-V's, an anti-tank destroyer.

He is an officer for the State of Connecticut Dept. of Correction, presently working at Northern Correctional Facility, a level five supermax. He is attending Holyoke Community College, enrolled in criminal justice. He will serve six more weeks of training at the Combat School of Infantry in Jacksonville, North Carolina.

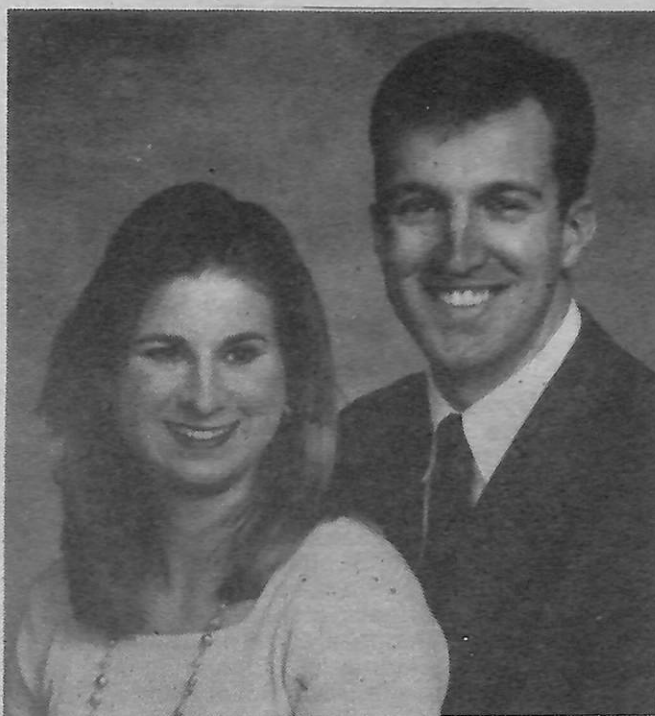
When asked, Vincenzo expressed a special salute to all prior military and all law enforcement officials, with honorable mentions to his grandfather, Giuseppe DePalma a World War II veteran who passed away in 1995; his stepfather, Thomas Gallagher, who served in the U.S. Marine Corps and is now a corrections officer; his uncle, Nick DePalma, who served in Vietnam with the Army and is the owner of School Street Bistro Restaurant in Westfield; and another uncle, Ed Heim, who served with the Navy and presently works for the U.S. Postal Service.

St. John's Cub Scouts Slate June 10th Bottle Drive

St. John's Cub Scouts will be holding their spring bottle drive on Saturday, June 10th from 9:00 a.m.-1:00 p.m. in the church parking lot.

The Scouts will be asking neighbors to donate their redeemables or you may drop them off on Saturday. To arrange for pick-up, call Cathy at 786-5103. The Scouts will also be holding a car wash on June 10th, so after you drop off your bottles and cans, you can get your car washed.

Thanks for supporting Pack 77.



CHRISTINE FILKOSKI & WILLIAM ARENDT

Christine Filkoski Engaged To Wed William Arendt

Edward & Patricia Filkoski of Agawam wish to announce the engagement of their daughter, Christine Filkowski, to William Arendt, son of William & Sarah Arendt of North Scituate, Rhode Island.

The bride-to-be is a 1990 graduate of Agawam High School. She then graduated from Holyoke Community College in 1994, and from Western New England College in 1996. She is currently employed as a certified public accountant at PricewaterhouseCoopers LLP in Hartford, CT.

The prospective groom is a 1986 graduate of Scituate Jr. Sr. High School. He served six years on active duty in the U.S. Navy. He graduated from the University of Rhode Island in 1996, and from the Western New England College School of Law in 1999. He is currently employed as an attorney at Arthur Andersen LLP in Hartford, and also serves in the U.S. Army Reserves.

A June 2001 wedding is planned.

Calendar Of Events From The Springfield Turnverein In F. Hills

There will be a chicken barbecue on Saturday, June 10th, at the Springfield Turnverein, 176 Garden Street, Feeding Hills.

A dinner of half a chicken, potato, vegetables, dessert, and coffee will be served from 5:30 to 6:30 p.m. Admission is \$9 for adults, and \$4 for children.

Reservations are due by June 7th; call Shirley, 782-4616, or the Turnverein, 786-0924.

The Springfield Turnverein Bowling Alleys will be open to residents from 4:00 to 10:00 p.m. on a daily basis during June, July, and August.

The Turnverein's four alleys are available, and the price for bowling is \$1.75 for adults and 75¢ for children. (Children must be accompanied by an adult.)

Wednesday nights will be Prize Night Bowling. It costs \$8 to play and prizes will be offered for various scores, such as a "Red Pin Strike," "Red Pin Split," and other game scores.

Prizes will be determined by the number playing. Come join the fun; reservations are not necessary.

This is a "summer special" at the Turnverein, 176 Garden Street (at the Route 57 entrance). Call 786-0924 for further information.

Book Donation...



FLORIDA TANGOCCHI (left) recently presented a copy of the book "The Passionate Gardener" to Donna Campbell, director of the Agawam Public Library. This book is a donation from the Agawam Cultural Council to the library. Advertiser News photo by Kathy Shepard.

Ag. Golden Age Club - Chapter 2 Calendar Of Events

Monday, June 5th: Bus trip to Mohegan Casino

Wednesday, June 7th: Regular meeting, 1:30 p.m. at the Senior Center with guest speaker Brenda Garton of TV Channel 22.

Wednesday, June 21st: Regular meeting, 1:30 p.m. at the Senior Center. Entertainment provided by Tim Van Egmond, "Hats Off to Seniors" folksinger and storyteller.

Friday, June 23rd: Board meeting, 1:00 p.m. at the Senior Center

Wednesday, June 28th: Bus trip to Rockingham Races, New Hampshire

NACCCA's Pioneer Valley Chapter 158 Slates Annual Reunion

On June 14th, the Pioneer Valley Chapter 158 (Holyoke, MA) of NACCCA will hold its annual reunion at Mt. Tom Reservation in Holyoke.

For more information, call Chapter President Hubert J. D'Ambrosio at 786-3842.

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ALYSSA ELIZABETH MARTIN

The Martin Family Announces Birth Of Daughter, Alyssa

Joe & Susan Martin of Clermont, Florida, are very happy to announce the birth of their daughter, Alyssa Elizabeth, on May 13, 2000. She was born at Arnold Palmer Women's and Children's Hospital in Orlando, Florida.

The maternal grandparents are Donald & Judy McKenzie of Leesburg, Florida. The paternal grandparents are Red & Mary Martin of Agawam.

The entire Martin and McKenzie families wish to welcome Alyssa with love.

Heritage Woods To Host Seminar On Tuesday, June 6th

On Tuesday, June 6th at 2:30 p.m., Heritage Woods Assisted Living Community is pleased to offer "TRANSITIONS."

This seminar is open to the public and is for elders or families of elders in the process of making a decision related to living arrangements.

Seating is limited, so please call 786-9704 to reserve your place.

* * *

All the local news with us, each and every week ... AAN!!!

* * *

Springfield Turnverein

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Health Ministry Fair To Be Held At St. David's Church

St. David's Church will be hosting a Health Ministry Fair for the public on Saturday, June 3rd from 2:00-4:00 p.m. at the church building, 699 Springfield Street in Feeding Hills.

This special event will focus on various health and wellness issues, and will offer fingerstick blood sugar testing (diabetic screening), blood pressure readings, nutritional information, and other health and wellness information.

Admission is FREE and open to the public.

For more information about this exciting event, please call the church office at (413) 786-6133.

* * *

For the best in local goods and services, be sure to check our classified advertisements...

Ag. Senior Center's Weekly Lunch Menu

Monday, June 5th: Salisbury steak with gravy, cheese baked potato, mixed veggies, rye bread, peaches.

Tuesday, June 6th: "Birthday Day" — Hamburger on a roll with lettuce, tomato, cheese, broccoli salad, potato puffs, birthday cake.

Wednesday, June 7th: Roast turkey, stuffing, gravy, zucchini squash, cranberry sauce, dinner roll, ice cream.

Thursday, June 8th: Chicken chow mein, fluffy white rice, Chinese noodles, whole wheat bread, pineapple chunks.

Friday, June 9th: Cream of broccoli soup, seafood salad on a roll, pasta salad, pears.

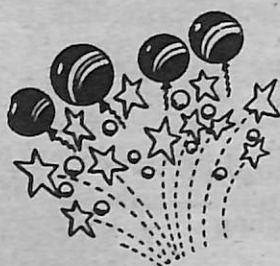
Sacred Heart Parish Picnic



All are welcome — all you need
is a CHAIR or a BLANKET

SATURDAY, JUNE 10

**OUTDOOR MASS — 4:00 P.M.
PICNIC — 5:15 P.M.**



★ Music

★ Prizes

★ Games



**Hot Dogs * Hamburgers *
Coffee - Tea - Punch**

Please Remember Your Chair!



A Portion Of The Ticket Price Will Benefit The Parish Cupboard...

Six Flags Single-Day Tickets Available From Area Churches

Six Flags single-day admission tickets are now available from area churches. A portion of the price from these tickets will benefit the Parish Cupboard in West Springfield and the hungry and homeless people they serve.

"We know that people will enjoy Six Flags New England," said Candy Boucher, Executive Director of the Parish Cupboard. "I think they will also enjoy knowing that a portion of their entertainment dollars spent with our church contacts will benefit their neighbors in need."

Six Flags consignment tickets are \$20.50 for adult admission, and \$16.50 for junior admission. They are available from the following individuals and churches in Agawam, Feeding Hills, and West Springfield:

Chip & Diane Arnold, Grace Lutheran, 732-4118; Linda Latourelle, First Baptist, West Springfield, 733-9983; Candy Boucher, Parish Cupboard, St. Louis de France, 734-7969; Dot Coon, Agawam Congregational; Phyllis Colburn, Church of the Good Shepherd; Steve Bailey, First Baptist in Agawam; Doris Hayes of First United Methodist; Helen Johnson of First Congregational; Catherine Curry, Immaculate Conception; Carol Granger, Mittineague Congregational; Theresa Barlowe, Sacred Heart in Feeding Hills; Barbara Amsden, Bethany Assembly of God in Agawam; and Kathy Labun, St. Thomas.

Church News From Faith Bible Church

We had a wonderful time at our picnic on Sunday before Memorial Day. There was so much food (as usual), and plenty of games for the kids. We will be planning another picnic soon.

On Tuesday mornings from 9:30 to 10:30 a.m., we are still holding our Women's Bible Studies. Nursery is provided for those who need it, and the women are enjoying this time together.

Groundbreaking for our new church addition will be happening soon. The plans are in order, as the last-minute finishing touches are added.

We have outgrown the sanctuary we are in, and are looking forward to the new space and larger sanctuary to seat all of the new families and people that have come into our church. Many new rooms will provide space for the children, and it is desperately needed.

We are so blessed that all is falling into place for us. Prayers really are answered.

WEEKLY SCHEDULE OF EVENTS AT FAITH BIBLE CHURCH

Sunday: 9:00 to 10:15 a.m., 1st Service; 10:30 a.m. to 12:00 noon, 2nd Service; 12:00 noon to 1:00 p.m., Coffee/Fellowship.

Tuesday: 9:30 to 10:30 a.m., Women's Bible Study; 6:30 to 8:30 p.m., Bible Study/Book of Revelation.

Wednesday: 6:30 to 7:30 p.m., Prayer; 7:00 to 8:00 p.m., Praise & Worship Service.

Friday: 6:30 to 8:30 p.m., Youth Group.

Saturday: 7:00 to 8:00 a.m., Leadership Prayer & Meeting; 8:00 to 9:00 a.m., Open Prayer; 10:00 a.m. to 12:00 noon, Music Practice; 12:00 noon to 1:00 p.m., Outreach.

ADVERTISER NEWS

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Weekly News And Notes From Feeding Hills Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 10:00 a.m.

Rev. Donaldson will be attending the Massachusetts Conference UCC Annual Meeting from June 2nd through June 4th. Our worship on Sunday, June 4th, will be led by Ms. Kate Bartos.

Debbie Donaldson will be Lector, Ushers will be Ben and Sharon Rozanski. Nick Pelter and Rich Rozanski will be our Acolytes.

Children are invited to worship with adults, leaving at a designated time for Sunday School. Nursery care will be provided for the very young.

Members should note that beginning June 18th, our worship will begin at 9:30 a.m.

The Council will meet on Tuesday, June 6th, at 7:00 p.m. instead of the usual time of 7:30 p.m.

Operation Friendship will sponsor a delicious roast beef dinner here on Saturday, June 3rd. OF members will begin serving at 5:00 p.m.

Youth members will be traveling overseas this summer, so this supper is an important fundraiser. Please call 786-8743 for reservations or information.

Need a great Father's Day idea? The Ladies

St. David's To Host Emergency Energy Fund Benefit Concert

St. David's Church will be hosting a Benefit Concert for the Agawam Emergency Energy Fund on Saturday, June 3rd at 7:30 p.m. at the Agawam High School. This special concert will feature contemporary Christian recording artists Fellowship and John Polce.

Tickets are \$5 donation and can be purchased

Benevolent Society is sponsoring the annual Strawberry Supper and food sale on Saturday, June 17th (conveniently the day before Father's Day).

The menu will include: potato and egg salad, boiled ham, cole slaw, rolls and pickles, beverage, and — of course — strawberry shortcake (Dad's favorite!). The cost will be \$7.50 for adults, \$2.50 for children under age eight, and preschool-age children dine for free.

There will be continuous servings from 5:00 until 7:00 p.m. For reservations, call Mrs. Barbara Swanson, 786-5732, or Mrs. Betty Bava, 786-0679.

On the calendar:

Friday, June 2nd: Mass. Conference Annual Meeting at Mt. Holyoke (concludes on Sunday, June 4th); 4:30 p.m., Wedding; 7:00 p.m., Radio Club (last meeting until September).

Saturday, June 3rd: 5:00 p.m., OF Dinner.

Sunday, June 4th: 10:00 a.m., Kate Bartos (guest speaker); 12:00 noon to 8:00 p.m., Church of Redemption.

Monday, June 5th: 4:00 p.m., Daisy Scouts.

Tuesday, June 6th: 7:00 p.m., A.A.; 7:00 p.m., Council.

Wednesday, June 7th: 7:30 p.m., Choir.

Thursday, June 8th: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

All the hometown news with us ... AAN!!!

ANNUALS, PERENNIALS, HERBS & VEGETABLE PLANTS

The sweet smell of freshly turned earth... If you're a gardener, you know exactly what I'm talking about. Springtime is a magical time for those of us who like to dig.

To us, a garden isn't

work, it's a calling.

A garden is not

only a feast for the

eyes, but in the case

of a vegetable garden,

a feast for your tummy

as well. A source of beauty all

summer. A haven for butterflies

and hummingbirds. Your garden

is what you make it. Whether you

have a couple tomato plants or an

acre and half of perennials, you're in charge. Well, actually, Mother Nature's in charge, but you can pretend you're in charge. Where else but a garden can you

observe the majesty of

the seasons and the

weather firsthand?

A garden is a truly

beautiful thing—if

you can share your

garden with children,

even more so. To teach

a child to nurture and grow

a seedling is a wonderful gift.

Respect for all living things—

be it a plant, a beetle, or a rabbit —

can begin in the garden. Enjoy!



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POTTING SOIL, PEAT MOSS, CEDAR MULCH, FERTILIZER, KNOW HOW

Church News - continued...



Reflections...

submitted by
Rev. Peter Monahan
 Pastor of the New Life
 Christian Church,
 Suffield, CT
 (413) 789-1377 or
 toll free (877) 643-9801

The Joy Of The Lord Is Your Strength...

Sometimes people think they don't want to be Christians because they're more interested in having fun. They fear that if they were to become Christians, they'd no longer be happy; they'd have to check their happiness at the door of the church. Such fears are only reinforced when they see movies, whether old or modern, depicting boring and somber Puritan church services.

Let's face it, we all want to be happy, don't we? The importance of our happiness has been drilled into us from our youth. Ask any parent what they want most for their children, and the vast majority will respond that above all else, they want their children to be happy. As Americans, our Declaration of Independence states that we believe we are entitled to our happiness, that our happiness has been conferred upon us by no one less than God Himself! Who can be blamed for choosing happiness over church?

But wait! That's not the end of the story. As it happens, God wants us to be happy, but even more and even better, God wants us to be joyful. That's absolutely correct. Jesus prayed, "I am coming to You now, but I say these things while I am still in the world, so that they may have the full measure of My joy within them."

There is a world of difference between being happy and being joyful. Don't misunderstand, being happy is generally a good thing, and virtually always pleasant. But being joyful is much better. Here's why: happiness depends upon our circumstances and experiences, whereas joyfulness can be had all the time.

Think about it: is it possible to be happy when you're miserable? Of course not! It almost goes without saying. If you're sick, or if you've suffered a loss, you're certainly not happy. If your fortunes turn south, your happiness evaporates. No one can always be happy, because "into every life a little rain must fall."

You can be cruising down the highway, happy as can be; they somebody cuts you off, and your happiness goes right out the window! Happiness, while pleasant, is both temporary and fleeting. You cannot be happy and miserable at the same time.

On the other hand, the Bible informs us that we can be miserable and joyful at the same time. That's because the joy which the Lord gives us is not contingent upon circumstances. The joy of the Lord is a sense of well-being which is based upon our belonging to God, and His great love for us.

The joy which comes from God feels a lot like happiness, but it emanates from God rather than from our circumstances or our environment. We can be sick, or suffer loss, or have our fortunes turn south, and still be joyful because our joy comes from God.

The Bible gives us many examples of people who were miserable in their circumstances, but joyful in the Lord all at the same time. The Apostle Paul didn't always have an easy time of it. In fact, Paul's life was marked by hardship.

Once, in a city called Philippi, he and his friend

Mtgs. To "Take Off Pounds Sensibly" At Christ Church, Swk.

Come and join the fun and lose weight, too. TOPS (Take Off Pounds Sensibly) is hosting a free meeting and seeking new members interested in losing weight and keeping it off.

If you want to lose weight and make new friends who are in the same boat, come and join us for a free meeting. Meetings are held every Wednesday night at Christ Church United Methodist, 222 College Highway, Southwick.

Weigh in from 6:30 to 7:00 p.m., with meeting to start sharply at 7:00 p.m. until 8:00 p.m. Come try a free meeting. If you like what you see, it is only \$1 per week to have fun and lose weight. To join for a year is only \$20, which includes our TOPS magazine mailed to your house throughout the year.

So, you have nothing to lose, but unwanted weight! For further information, call Deidre at 572-3092 or Pat at 786-4122. Hope to see you!

were tossed into prison on trumped-up charges. After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. Upon receiving such orders, he put them in the inner cell and fastened their feet in the stocks.

The prisons of Paul's day make our worst prisons look like Hilton Hotels by comparison. One would hardly expect Paul to be joyful in such circumstances. However, about midnight Paul and Silas were praying and singing hymns to God. In the middle of misery, Paul and Silas were joyful!

Like any other rational person, Paul wasn't happy about being imprisoned. On another similar occasion, Paul said to King Agrippa, "I pray to God that not only you but all who are listening today may become what I am, except for these chains." Paul wasn't happy, but he was joyful.

When Jesus prayed "that they may have the full measure of My joy within them," He was facing execution on the cross. It certainly wasn't a happy time for Jesus, yet He still had joy.

The Bible says, Let us fix our eyes on Jesus, who for the joy set before Him endured the cross. Jesus' joy gave Him strength to face the awfulness of the cross; Jesus' joy can give each of us strength to face whatever challenges we will experience in our lives. We won't always be happy, but we can be joyful. Being joyful is better than being happy!

It is possible for each and every one of us to receive the joy of the Lord. No one is beyond the reach of God's love and grace. The Bible records such periods of spiritual renewal in Israel's history.

One such revival occurred under the leadership of Ezra and Nehemiah. After the city and its wall were restored, Ezra and Nehemiah began the task of restoring the people themselves, with regard to their relationship with God.

As Ezra read from what we now refer to as the Old Testament, the people were greatly disturbed. They realized how far they had fallen from grace. But Nehemiah said, "Do not grieve, for the joy of the Lord is your strength."

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Church News - continued...

Parish News And Notes From St. John's Church

RELIGIOUS EDUCATION NEWS

The process of registration for next year's classes has been finalized, and parents will be receiving a mailing with the pertinent information.

To help in the planning process, families are asked to register children for next year's religious education classes before June 30th.

The forms will be in the mail during the coming weeks. The fee will be less for early registrations.

PARISH PASTORAL COUNCIL ELECTIONS

It is that time of year when we elect five new members to our Parish Council. Those elected will serve a three-year term advising the pastor on the spiritual growth and development of our parish.

The elections this year will be next weekend, June 10th-11th. It is fitting that it is the Feast of Pentecost, the "birthday" of the Church.

The nominees this year are: **Joseph Audette, Wayne Ball, Pat Byrne, George Cornwell, Judith Cross, Carol Flood, Mary Gontczaruk, Angela Grout, and Gerard Parent.**

Two new youth members will be appointed to the Council for the coming school year, as we continue our efforts to discover and address the needs of our youngest members.

ANNUAL ANOINTING MASS

Our annual Anointing Mass will be on Saturday, June 10th, at 1:00 p.m.

Letters went out to our known shut-ins. If there are any of whom we are unaware, they are most welcome also.

Some medical personnel will be on hand for emergencies, and light refreshments will follow in the Parish Center.

GRAY HOUSE ANNUAL BREAKFAST

The Second Annual Summer Breakfast Fundraiser for Gray House in Springfield will be on Saturday, June 10th, at Crestview Country Club from 8:00 to 11:30 a.m.

The cost is \$20 for adults, and \$10 for children under 12. For tickets, call 734-6696.

SCHOOL POSITIONS

Applications are now being accepted for elementary and secondary teaching positions in our Catholic schools for 2000-2001.

Contact the Personnel Director at 625 Carew Street, Springfield, 452-0829.

* * *

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Calendar From Ag. Congregational

On June 4th, the last Sunday of the Easter season, worship at the Agawam Congregational Church (745 Main Street, Agawam) will be held at 10:30 a.m., with Church School at 9:00 a.m.

The Rev. Earl Eisenbach will lead worship this Sunday in the absence of the interim pastor. Mr. Eisenbach will officially begin his ministry in Agawam on July 1st.

June 4th will also be the day when graduating seniors of the congregation will be recognized, and college scholarships from the Nicholas and Marie Zucco Scholarship Fund and the Agawam Congregational Church Scholarship Fund will be announced.

Mr. Eisenbach will bring the message and will serve Holy Communion.

* * *

The 10th Annual Charlie McCobb Golf Tournament will be held this Saturday, June 3rd, at 1:30 p.m. at St. Anne's Country Club. There will be a shotgun start at 2:00 p.m., and a buffet dinner at the finish.

All golfers — men, women, seniors, and youths — are invited. The entry fee is \$40, which includes the greens, cart, and buffet.

* * *

The Ladies' Aid will hold its annual picnic at 12:00 noon on Thursday, June 15th, at the home of Doris Preston.

* * *

The Annual Strawberry Supper is at 5:30 p.m. on June 15th. The menu includes ham, potato salad, cole slaw, pickles, rolls and butter, and the very special dessert of homemade strawberry shortcake.

Adults are \$7.50, and children are \$4. Telephone the church (786-7111) or Carol Allen (789-1087) for reservations; reservations close June 14th.

* * *

June 11th will be observed as Church School Day, with children and teachers celebrating in the Morning Worship Service. Plans are underway for the special summer program.

This year's Vacation Bible Camp, "HolyWord," will be held from July 24th through July 28th, with Sue Ann Hansen in charge.

* * *

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Tuesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

* * *

For more information concerning any of our events, please call the church office at 786-7111.

* * *

Please remember to patronize your local businesses ... AAN!!!

* * *

Best local news with US...

Spaghetti Dinner Slated At St. David's For Monday, June 5th

St. David's Episcopal Church will be hosting a Spaghetti Dinner on Monday, June 5th at 6:00 p.m. The dinner will be held at St. David's Church, 699 Springfield Street, Feeding Hills.

The menu will include spaghetti and meatballs and sausage, tossed salad, bread and butter, coffee, tea and juice, and dessert.

Tickets are \$7 for adults and \$3 for children under 12. These may be purchased in advance at St. David's or at the door. Due to a sellout on most of last year's dinners, we will be unable to hold unpaid reservations past 6:30 p.m. without prior arrangements.

Proceeds from this dinner will go towards the debt reduction of the new church building.

For more information, please call (413) 786-6133.

Annual Strawberry Supper At Agawam Congregational

The annual Strawberry Supper at Agawam Congregational Church, 745 Main St., will take place on June 15th at 5:30 p.m.

The menu will include ham, potato salad, coleslaw, pickles, and rolls and butter. All this will be topped off by delicious homemade strawberry shortcake for dessert.

Cost for adults is only \$7.50 and \$4 for children. Reservations may be made before June 14th by calling the church office in the morning (786-7111) or Carol Allen in the evening (786-0187).

Hope you can join us.

Trading Post's Final Sale Of The Season Slated For June 14th

Join your neighbors and your friends and come to the Trading Post's final sale of the season. Everything is half-off at the best sale of the season, held at First Baptist Church of Agawam, 760 Main Street.

Don't miss out on the sale, to be held Wednesday, June 14th from 10:00 a.m.-3:00 p.m. A \$4 bag sale will be held from 4:00-5:30 p.m.

We wish all of our customers a safe and memorable summer and look forward to seeing you all in September!

— ADVERTISER NEWS —

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What kind of faith do you need to be forgiven of your sins and to obtain peace with God? The right kind of faith focuses on Jesus Christ. Here's what to do:

1. Admit your sinfulness and tell the Lord you want to turn from it. Jesus said, "Unless you repent you will all likewise perish" (Luke 13:3).
2. Believe that "Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day" (1 Corinthians 15:3-4).
3. Trust in Jesus as your personal Savior and Lord. Romans 10:9 says, "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."

The time to trust in Christ, to make Him the object of your faith, is now. You can do it today by praying something like this:

Dear God, I know that I am a sinner and that in my own strength I cannot do anything to please You or to earn eternal life. I believe that You love me and that You sent Your Son to die on the cross to pay the penalty for my sin. I now put my faith in You and trust completely in Jesus Christ to rescue me. I desire to turn away from my sin and to let You take control of my life. Amen.

If you prayed that prayer in all sincerity, you can say, "Now I have the right kind of faith!"

Adapted from the booklet *Do I Have The Right Kind Of Faith?*
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Spotlight On Business



COMMON SENSE

with
Raymond Rose
The PIONEER Group
(731-6800)

Home Improvements That Help Your Bottom Line...

When planning a home improvement project, one important factor to consider is what an appraiser will think of your improvements when you're ready to sell your home. Before a bank will finance a buyer's bid when selling your home, an appraiser must examine the house to given an

estimate of its value. An updated house that is well-maintained stands a better chance of getting a higher appraisal, which helps you sell your home for more money.

In most cases, you should not expect a dollar for dollar return of your investment, but many improvements come close to it. Adding an extra bath or upgrading your kitchen usually provides the best return. How much will largely depend on where you live, so check with your local real estate buyer's agent to see which improvements typically add the most value in your area.

To get the most out of your home improvement dollars, keep the following guidelines in mind...

- Don't over-improve! If you already have the most expensive house on the block, you can expect to recover a smaller percentage of your home improvement expenses when you sell your home. That is because an appraiser determines the value of your home partially by comparing it to the value of other homes in your neighborhood. So, if

you over-improve, it is likely that an appraisal will be far less than what you invested.

- Quality counts! Craftsmanship and style play a part in your home's appraisal. An addition that looks tacked on or suffers from poor workmanship may get a lower appraisal value.

- Modern conveniences and upgrades are the key! Homebuyers tend to shy away from fixer-uppers. For this reason, improvements can help you sell your home faster, and buyers will be more willing to meet your asking price. Improvements such as these also tend to help you get a better appraisal, which is important because lenders base their decision partly on the house's appraised value.

- Keep good records! Provide records of the improvements to the appraiser, along with a list of the square footage of your home, its age, lot size, and construction quality.

If you are planning a home improvement project, please feel comfortable to contact me personally at 731-6800 so that I can best advise you.

Pam Savioli

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you, as the home seller, will face more selling competition, but there will also be more buyers in the market.

To give you an advantage in the home sales market, I've compiled the following advice for preparing your home for sale.

- Start by fixing up the inside of your home. Faded wallpaper, chipped paint, or worn woodwork will not appeal to buyers. Selective painting and wallpapering can give your home a clean, cheery appearance.

- Carpet that is badly worn or an out-of-date color may need to be replaced. Choose a neutral color to appeal to the most decorating tastes.

- Repair dripping faucets, as well as doors, windows, and knobs that stick. Small repairs like these indicate a home that's been well-cared-for.

- Buyers will pay particular attention to the kitchen; make sure yours shines. Clean all appliance surfaces and interiors. Keep the counters and sink free of clutter.

- Closets and hallways should be cleared of excess items. The more open and spacious your home appears, the more attractive it will be to buyers. The same goes for attics, basements, or garages.

- Spend some time fixing up the outside of your home, also. Repaint if necessary, and repair gutters or drains. Mow and trim the lawn and hedges. Adding some colorful flowers will increase the curb appeal of your home.

These and other minor improvements can promote the sale of your home.

PAM SAVIOLI is a professional Realtor with over 13 years of experience. Call her at (413) 748-7565 for additional information.

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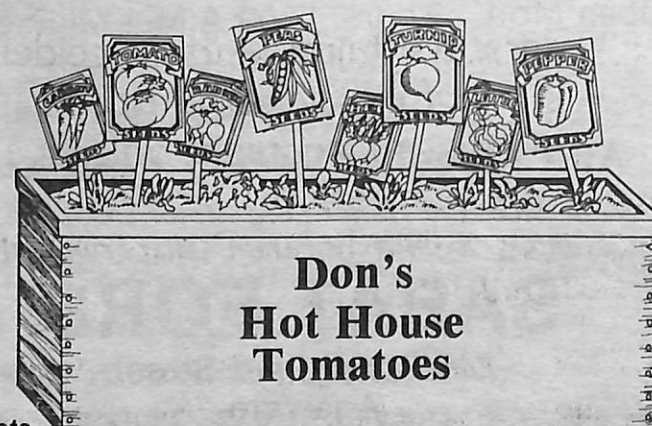
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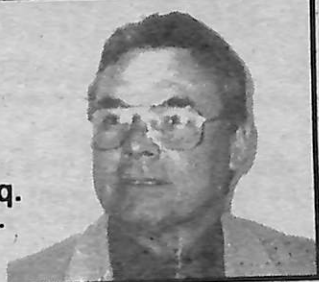


Don's
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Tomatoes

Spotlight On Business - continued...**Legal Memo**

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



**Motor Vehicle Negligence
Minor Drunk Driver -
Head-On Collision**

This was a claim for motor vehicle negligence against the defendant driver and the persons or entities who allegedly served him alcoholic beverages while he was 19 years-old, thus causing his intoxication at the time of the accident.

The plaintiff sustained severe traumatic brain injury, complex facial fracture, and fracture of her right ankle resulting in permanent and total mental and physical disability, rendering her incompetent and under the care of a permanent legal guardian at a long-term care facility.

The plaintiff's minor child claimed damages for loss of parental society. The plaintiff, mother of a young child, was struck head-on by the defendant's vehicle, which had crossed over the double yellow line into the plaintiff's vehicle.

The plaintiff, who had driven her daughter to school, was driving southbound on her way to work when she was struck by the defendant driver's vehicle, which was traveling northbound. Prior to impact, the plaintiff had allegedly pulled over to the far right side of the roadway in an attempt to avoid the defendant driver's vehicle, but was unable to avoid the crash.

The plaintiff claimed that, at the time of the accident, the defendant driver was intoxicated after having been served alcohol in several licensed establishments and at a private home during a time period commencing at approximately 9:00 p.m. and ending at approximately 3:00 a.m., some 11 hours before the subject accident, which occurred at 8:00 a.m. that morning.

The defendant driver was convicted of charges of driving while intoxicated. Suit was commenced against the defendant and two known licensed establishments, as well as others. Settlement was reached with one defendant licensed establishment where the defendant claimed during discovery to have been served one to three hours prior to 10:00 p.m., approximately 10 hours prior to the time of the subject motor vehicle accident.

The plaintiff, through her expert, contended that service of even one beer to the defendant, who was under the legal drinking age, triggered an unbroken chain of events that led to the defendant's intoxication.

The plaintiff's expert established that the defendant driver remained in that state until the time of the motor vehicle accident, which occurred about 10 hours after the service and ingestion of the first beer. The plaintiff was hospitalized for four months following the accident and then transferred to a long-term care nursing facility where she has remained for more than four years. She is expected to require 24-hour nursing care for her projected remaining 41-year life expectancy.

The settlement of \$1.4 million provided for payment of medical lien to date and periodic future payments payable to Supplement Need Trust for the plaintiff's benefit, as well as periodic payments to the plaintiff's minor child.

**Timely Tips On
How To Manage
Your Finances**

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883



**Tips To Help Avoid Being A
Victim Of Fraud (Part I Of II)**

Consider this scenario: a couple takes their dream retirement trip to a Caribbean island to relax in the sun. During their stay, they make credit card purchases at several hotels and restaurants.

When returning home, they retrieve their monthly credit card statement from the mailbox. Much to their surprise, it includes several charges they can't identify from locations they never visited — yet their cards were never lost or stolen.

While the consumer is protected in this scenario by not being held responsible for these charges, credit card fraud is an expensive problem. According to statistics recently released by the Association of Certified Fraud Examiners, companies lose over \$400 billion a year to fraud. And, it's not just affecting the credit card industry.

So how can you help protect yourself from becoming a victim of fraud? Consider these ideas:

Keep your credit cards safe. Report lost or stolen cards to the company immediately. Oftentimes, the issuer can stop the thieves by canceling your card. You'll also want to avoid writing your personal identification number (PIN) on your credit card. That way, a thief won't be able to use your card for a cash withdrawal.

As you can see in the scenario above, a thief doesn't need your credit card to charge merchandise to your account. To protect your credit card number:

1. Shield your credit card from people around you when making purchases at store registers.
2. Tear up carbon or other copies that come with your credit card receipts.
3. Verify your monthly billing statement and report any fraudulent transactions immediately.
4. Total your charge slip before signing it. Blank spaces are invitations for crooks to add additional amounts.
5. Never sign a blank credit card slip.

For more information about credit card fraud, contact the Federal Trade Commission Consumer Response Center at 600 Pennsylvania Ave. N.W., Washington, D.C. 20580. You can also file an online complaint about a loss or a company's handling of it at www.ftc.gov/ftc/consumer.htm.

(To be continued next week...)

JUST THREE WEEKS AWAY: The AAN's annual "Graduation Issue" will be published on Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients.

**Enables You To Reach Agawam Office..
Keenan & Molta Assoc.
Announces Its New
Address On Internet**

Coldwell Banker Keenan & Molta Associates has a new address, in the virtual world of real estate! You can now reach the Agawam office on the Internet at www.keenanandmolta.com.

"Our new web site allows our customers to reach us from the comfort of their homes and offices," says Bob Molta, President of Coldwell Banker Keenan & Molta Associates. "We're excited about this unique way to reach our customers and help them buy and sell homes."

The new web site features several ways to contact Keenan & Molta agents, as well as take a look at available properties. Just click on "Listings" and you'll be connected to Coldwell Banker's database of more than 200,000 featured homes.

Fill out an on-line form and you can take advantage of the **Personal Retriever** option. You'll be e-mailed about properties matching your profile. One of the most exciting features of the web site is the **Virtual Open House**. You'll step inside these homes and take a good look around, all the while sitting in front of your computer. You can also place bids on some of the properties in Coldwell Banker's **Premier Auction House**.

To learn more about the local sales associates who are ready to help you, click on "Agents" and you'll get a complete listing of Keenan & Molta's more than 75 Realtors.

Click on a name to see a picture and a profile. You can also order videos on the web site. There are four videos to choose from covering topics like pricing and preparing your home for sale, marketing your home, and financing tips. You can also e-mail the company directly, and a sales associate will help you.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area. The firm is the principal broker for Cendant Mobility; the largest relocation company in the world.

Five offices and approximately 75 sales associates provide comprehensive home selling, home buying, mortgage, and relocation services to the greater Springfield area.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!

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S. Schlauffer
Schlauffer
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Don't Get "Teed-Off" — Take Care Of Your Back During The Golf Season

In case you haven't notice, the golf season is now in "full swing."

A patient of mine, who is an avid golfer, was recently in complaining of low back pain and sciatica. I noticed his belly protruding a bit further over his belt than last year.

I commented on him being out of shape, and his reply was something like this: "Oh, I'm really not out of shape. Besides, I swing the club a few times before tee-off. That's enough, right?"

The fact is, the way many people play the game of golf, it can be more destructive rather than beneficial to their health.

Golf is one of the most popular sports in America. Thanks to players like Tiger Woods, the game is enjoying more popularity than ever.

Unfortunately, a large percentage of the players ride the full length and breadth of the course on a golf cart, do a great deal of talking and betting, which is followed by a full course of heavy drinking and eating on the 19th hole. This develops the paunch.

A large percentage of golfers also suffer from back problems. The reason for this is really quite simple. Driving a golf ball off the tee, down a long fairway, requires a lot of physical effort. So does a long iron shot.

The problem is that you continually swing the club the same way, time after time after time. You are either right- or left-handed. So when you repeatedly swing that club, one way, perhaps thousands of times each season, you are also twisting your spine and all the muscles in the same direction ... over and over again.

Don't think that this doesn't create an imbalance in muscles. Don't think that vertebrae in your spine aren't going to suffer, too. They can become misaligned (subluxated) and affect the function of delicate nerves. I have enough golfers as patients to know that this is fact.

So what can you do about it? Start adding some other forms of exercise that will be beneficial to your spine, like swimming or bicycle riding. And if you really love the game of golf, a spinal examination by a doctor of chiropractic is in order.

Perhaps a problem is developing and it can be corrected. This may save you the crisis of an emergency visit to my office at some future time.

The Schlauffer Chiropractic Office is available to answer your questions. Call 789-1369.

Best local news with us, each and every week ... AAN!!!



Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

Individual Responses...

There are lots of principles that affect a person's response to training. Things like readiness, overload, specificity, progression, variation, and reversibility are some. The principle of personal response is what I'd like to address in this column.

Everyone responds differently to training — even the same training — for many reasons. Heredity, maturity, nutrition, rest and sleep, level of fitness, environment, and illness are some factors that are different among people.

Physique, muscle fibers, heart, and lung size are all inherited factors that affect sport activity. These factors (although related to aerobic fitness and endurance) are responsible only for about 25 percent of the results you see. So, yes, we may have our mother's bottom, but there is plenty to do to change it if it is not the one you want. Seventy-five percent of that bottom is subject to change.

Bodies that are more mature can handle more training. Bodies that are still growing use energy for growth and development, so it is just not available for training. Keep this in mind for our younger athletes. Six to 10 year-olds should focus on having fun and learning basics. Eleven to 13 year-olds can focus on proper technique and versatility. Fourteen to 18 year-olds can increase their training, do some special training, and compete. Adults are your top performers.

Nutrition, rest, and sleep are important for life, not just sports. What you put into your body is what you will get out — that's it! Are you listening to your body? Eat when you are hungry, and rest when you are tired? It really works ... if you pay attention.

Your choice of foods needs to be a conscious one. Are you eating the foods that will fuel your energy needs? Remember, developing bodies need even more nutrition and plenty of rest.

I've talked about the effect the environment has on us. Air quality, temperature, and humidity affect performance. Any stressors (environmental, psychological, even illness) all affect training.

Failure to provide the proper environment for your workout, failure to stay aware of stressors, failure to heal your injuries, can result in severe consequences. Pay attention to how you feel in all areas and respond appropriately.

If you are having trouble with your training, check some of these factors. If you don't have the energy, are you eating and resting enough? Are you still feeling an old injury that you haven't allowed to heal?

Pay attention to your body; it will tell you all you need to know to become the fittest you can be.



Chiropractic Care

by
Dr. Tami Nelson
Chiropractic
Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Diet And Overall Health...

We have often mentioned that chiropractic is more than simply pain relief. Chiropractic care involves looking at the whole person, including posture, diet, exercise, work habits, stress, etc.

DIET IS A CRITICAL FACTOR IN OVERALL HEALTH. What we put into the body is vitally important for the overall health of the individual. It is important to consume as natural a product as possible. Whole grains and fresh fruits and vegetables should be the main part of the diet.

This is a great time of year to start increasing our fresh fruit and vegetable intake with all the wonderful farms in town. Advertising and the media keep trying to tell us that a healthy diet is laden with chemicals: fat-free snacks and sugar-free products.

These products are not good for the body. A diet high in refined products can lead to a myriad of health problems, including heart disease and gastrointestinal problems. It is best to eat whole foods and natural products and limit the amount of fat and sugar in the diet.

Senior citizens have learned this via experience. According to a report from the Agriculture Department, senior citizens and vegetarians have the healthiest diets. Also, the report found that women have better diets than men (having three males in the family, I know that statement is true!). Many of the foods we eat are due to habits, what we were given as children to eat, what the restaurants give us, and what the media suggests.

It's time to take responsibility for our nutritional lifestyle — think before you eat! Is the coffee and donut in the morning good for you? Absolutely not! Start to make a change now; enjoy some fresh strawberries over a whole-grain cereal with skim milk. It's surprising how healthy it is and how good it tastes!

Just with that simple move, the daily total of fat and sugar has been decreased, while the whole grains and fruits increased. Start making changes today for a healthier tomorrow!

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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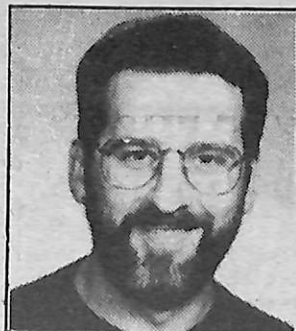
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"Let's Talk About It"

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
(413) 789-4460

A Time To Remember!

This past weekend was Memorial Day weekend — a chance to get away, have some extra time to do some things around the house or yard, catch a special sale, get together to share friendship, enjoy what good weather there was, and a time to remember!

MEMORIAL DAY: TO COMMEMORATE MEMBERS OF THE ARMED FORCES KILLED IN WAR (the American Heritage Dictionary). To have a memory means we have the ability to remember.

Just a few days ago, we were once again invited as a nation to remember those who died and whose service to our country contributed to the freedoms we enjoy today. Memorial Day is yet another opportunity to connect-the-dots of our common story. It is an opportunity to further appreciate the multigenerational connection we all share.

Most people attempting to affect change today do not have to die for their cause as did the brave women and men of our past and present armed forces. Personal change, however, requires from us an appreciation of the historical context of our own multigenerational family context (*not excluding other areas needing our attention as well*).

Using our memory to remember our recent and distant past may be a challenge. In my opinion, facing the patterns formed and passed down through the generations is important to honor, to respect, and to remember.

Similar to the challenge to face the overwhelming gravity of death of the many persons killed in war, a person can be overwhelmed by the challenge to remember their personal past. The past may be filled with tragedy and secrets that are just too painful to remember.

Many people *do* survive the tragedy of war and/or an abusive relationship from one's past and/or present and some *do not*. Tragedy influences people in different ways. Often people work hard at *not* remembering, attempting to quiet the pain and shame. Some feel that they are not truly free to disclose or open up to the possibilities of talking about it for fear of retaliation today or even from the memory of the past infiltrating their present.

There is a time to remember and a time to refrain from a memory.

Healing and caring for self is not a "one-size-fits-all" formula. It is unique to you, your multigenerational context, and your ability to function in relationships today. While it is vital that we remember our past, it is equally vital that we *live into the present being more than our past!* True-authentic living can mean growing from and facing our past into a future where change and freedom abound that honors, respects, and remembers!

The complexity of memory.

I can be reached by e-mail (AOL screen name: dpmft449) or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460. Your feedback is welcome and as always, if I reprint any or all of your material, I will *not* publish your name unless you specifically give me permission to do so.

Nocturnal Adoration Soc. To Meet June 2nd

The Nocturnal Adoration Society of Agawam and West Springfield will meet at the Dominican Nuns Monastery Chapel in West Springfield to conduct and pray the Office of the Blessed Sacrament on Friday, June 2nd, from 7:00 to 11:00 p.m. All are invited to come and spend an hour in Eucharistic Adoration.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we **DO NOT** take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Support Groups, Courses, And Programs At Noble Hospital

SUPPORT GROUPS

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Stroke Support Group: Wednesday, June 14th, 2:30 p.m. In the Bronson Rehabilitation Center Dining Room at Noble Hospital.

Free of charge and open to individuals recovering from a stroke and their spouses, caregivers, and other interested persons. Participants are encouraged to suggest topics for future meetings.

Call Barbara Boulanger, M.S.W., L.I.C.S.W., at (413) 568-2811, ext. 5809.

Diabetes Support Group: Tuesday, June 27th, 1:00 to 2:30 p.m. In Conference Room A at Noble Hospital.

The presentation will be "Diabetes and Sugar Substitutes" by Noble Hospital's dietician, Sara Sabelawski, M.Ed., R.D.

Free of charge and open to individuals who have diabetes and their support persons.

For more information, call Diabetes Nurse Educator Karen Ranen, M.S., R.N., C.D.E., at (413) 572-5178.

Bereavement Group: Wednesday, June 7th, 14th, and 21st, 6:30 to 7:30 p.m. In the Bronson Music Room at Noble Hospital.

On the first, second, and third Wednesdays of every month, Noble Visiting Nurse and Hospice Services offers this support group for people who have experienced the death of a loved one within the past year. We invite all Hospice families and anyone in the community to participate.

For more information, please call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services at (413) 562-7049.

Caregivers' Support Group: Wednesday, June 14th and 28th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

On the second and last Wednesdays of every month, Noble Visiting Nurse and Hospice Services offers this group for those who are caring for someone with a life-threatening illness.

Hospice families, staff, and community members are invited to participate.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

PROGRAMS/COURSES/CLINICS

"How To Find Healing At Your Local Diner — Coping With Cancer" (a presentation by Ann Hallstein / sponsored by Noble Hospital and Center of Hope): Thursday, June 15th, 6:30 p.m. In Conference Room A at Noble Hospital.

Ann Hallstein is ordained in the United Church of Christ; has worked as a hospital chaplain; has a pastoral counseling practice in Northampton; writes and speaks on the subject of healing; and is a survivor of breast cancer.

The program is free and open to the public. Friends, family members, health care professionals, and interested persons are encouraged to attend. Seating is limited and pre-registration is required.

To pre-register, call Health Beat at (413) 568-2328. Refreshments provided.

Cosmetic/Plastic Surgery with Dr. Gary Russolillo: Tuesday, June 20th, 6:30 to 7:30 p.m. In Conference Room B at Noble Hospital.

Gary Russolillo, M.D., will present a lecture about Body Contouring Surgeries, Lip Enhancements, Facial Surgeries, and Skin Care Procedures for men and women. Also included will be a live chemical peel demonstration.

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

Pre-registration is required; please call Noble Hospital's Health Beat at (413) 568-2328.

CPR Course: Wednesday, June 21st and 28th, 6:30 to 9:00 p.m. In the Education Department/Ground Floor at Noble Hospital.

This two-part course provides American Heart Association Adult, Child, and Infant Certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's CPR Line at (413) 572-5172.

Mercy Hospital Has Support Group For Children Of Cancer Patients

Learning that your parent has cancer is difficult for children of all ages. But discovering you're not alone and sharing your feelings and concerns with others in the same situation can help.

Children of area cancer patients have that opportunity, through a support group which meets monthly at Mercy Hospital. The group's next meeting will take place Monday, June 5th, 7:00

p.m., in the hospital's Deliso Conference Center, 299 Carew St.

Meetings are led by skilled facilitators from Mercy Hospital's Pastoral Care Department and are free of charge. Persons of all ages are welcome.

For more information, call the Pastoral Care Department, (413) 748-9453.

All the hometown news with us, each and every week...

*There is a time to remember
&
a time to refrain from a
memory.*

Read more about this in today's **FOR YOUR HEALTH** column.

from

Dan Pender

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American Association of Marriage & Family Therapy
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Arts

Theater Project To Audition Area Talent

Local performers and theatrical crew members are encouraged to participate in The Theater Project's upcoming auditions. According to Producing Director Danny Eaton, actors, singers, dancers, musicians, stage managers, lighting, costume and set designers, as well as production associates and technicians, are encouraged to contact The Theater Project at (413) 747-7797.

Audition dates and times are as follows: June 13th-16th, 20th-22nd, and 26th from 6:00-10:00 p.m., and June 17th, 18th, and 25th from 10:00 a.m.-5:00 p.m./6:00-10:00 p.m., and will be held at the Majestic Theater on Elm Street in West Springfield.

Performers must call the theater in advance to book an appointment, and those auditioning for the first time for The Theater Project need to prepare a short monologue of their choice. Singers are required to bring their own accompaniment, whether it be tape, CD, or an instrument. No a capella auditions will be conducted. Both Equity and non-Equity performers are welcome to participate in the auditions.

The Theater Project has unveiled its lineup for the 2000-2001 season, its fourth full season in residence at the Majestic Theater. *Always...Patsy Cline*, a musical by Ted Swindley, will be the first production next fall, followed by *Proposals* by Neil Simon, the thriller *Misery* by Stephen King, Jeff Baron's comedy *Visiting Mr. Green*, and John Steinbeck's classic, *Of Mice and Men*. The smash musical *Cabaret*, by Joe Masteroff, John Kander, and Fred Ebb will close the season next spring.

The Theater Project, which Eaton founded, has staged CTA Festival Award-Winning Productions in 1992, 1993, and 1994, in addition to the numerous honors it has received, including Best Production in the Pioneer Valley in 1995 for *To Kill a Mockingbird*, and in 1994 for *The Winds of Fashioning Time*, an original work by Eaton.

The Theater Project found a permanent performance site when Eaton and a crew of workers renovated and re-opened the long-abandoned Majestic Theater in West Springfield. Its debut production at the Majestic, *Buddy: The Buddy Holly Story*, was the first of several successful and groundbreaking productions staged by The Theater Project.

At Red Door Theatre...



TED LEVINE (above), recording artist and soprano jazz saxophonist for The East Wind Saxophone Quartet, will perform with his quartet at The Red Door Theatre on Saturday, June 3rd, at 7:30 p.m. Tickets are \$8 for adults, and \$5 for seniors and children under 12. For reservations and/or more information, call 789-2026.

For the best in local goods and services, be sure to check our classified ads...

Community Artists To Host Sculptor

The Agawam Community Artists presents teacher and sculptor Thomas Haxo. Please join us as we present our final program in our 1999-2000 season, Monday evening, June 5th at 7:00 p.m. in the Community Room of the Agawam Police Station, 681 Springfield St.

Professor Thomas Haxo of Haydenville will present a sculpture demonstration and lecture. Professor Haxo is a Professor of Design at Hampshire College in Amherst. He received a B.F.A. from Pratt Institute and an M.F.A. from the University of Pennsylvania.

A multi-talented artist, Professor Haxo has worked in such mediums as set design, sculptural puppetry, mask design, and three-dimensional computer-generated design. Professor Haxo teaches classes in sculpture, 2- and 3-D Design, and Drawing.

Professor Haxo was a finalist in the Dr. Martin Luther King Memorial Competition and the Massachusetts Artist Fellowship Program, The Arts Foundation. In 1987, he was commissioned to create the James Brendan Connolly Memorial in Columbus Park, South Boston. In 1984, he was commissioned to create a portrait bust of S. Fairchild, Dulles Airport, Washington, D.C. Professor Haxo was also a grant recipient from the Williamsburg Art Council.

Please join us as we welcome Professor Haxo. Under the auspices of the Agawam Cultural Council, all meetings of the Agawam Community Artists are free and open to the public. Watch for further details on our upcoming exhibit to be held in the Gallery at Baystate Hospital.

For additional information, please call Florida Tangocci at 786-3689.

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How to Find Healing at Your Local Diner: Coping with Cancer.

Thursday, June 15 at 6:30 pm, Conference Room A, Noble Hospital. Presentation by Ann Hallstein, who is ordained in the United Church of Christ, has worked as a hospital chaplain, has a pastoral counseling practice in Northampton, writes and speaks on the subject of healing, and is a survivor of breast cancer. **The program, sponsored by the Center of Hope and Noble Hospital, is free and open to the public.** Friends, family members, health care professionals and interested persons are encouraged to attend. **Seating is limited and pre-registration is required.**

Cosmetic and Plastic Surgery Seminar:

Tuesday, June 20, 6:30-7:30 pm, Conference Room B, Noble Hospital. Join Men and women invited to join Gary Russolillo M.D. for a lecture about body-contouring surgeries, lip enhancements, facial surgeries and skin care procedures. Includes a live chemical peel demonstration. Complimentary personal consultation follows the presentation. **Free registration, seating is limited. Pre-registration is required.**

CPR Classes:

Wednesday, June 21 and Wednesday, June 28, 6:30 pm to 9:00 pm., Education Department, Noble Hospital. The American Heart Association CPR classes are held monthly. Two-part Basic Life Support programs provide training for adult, child and infant CPR as well as first aid for choking. **To register, call Noble Hospital CPR Line at (413) 572-5172. Fee is \$45.00.**

To pre-register or for information about programs, call Noble Hospital's Health Beat at (413) 568-2328, unless indicated otherwise.

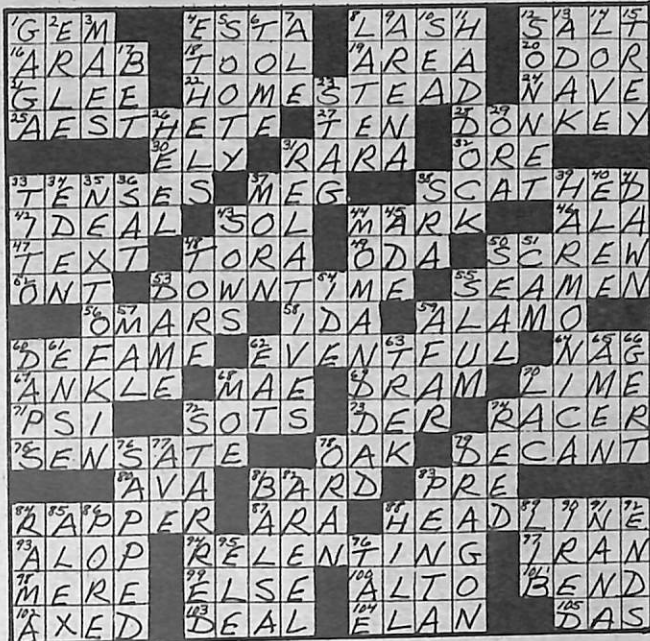


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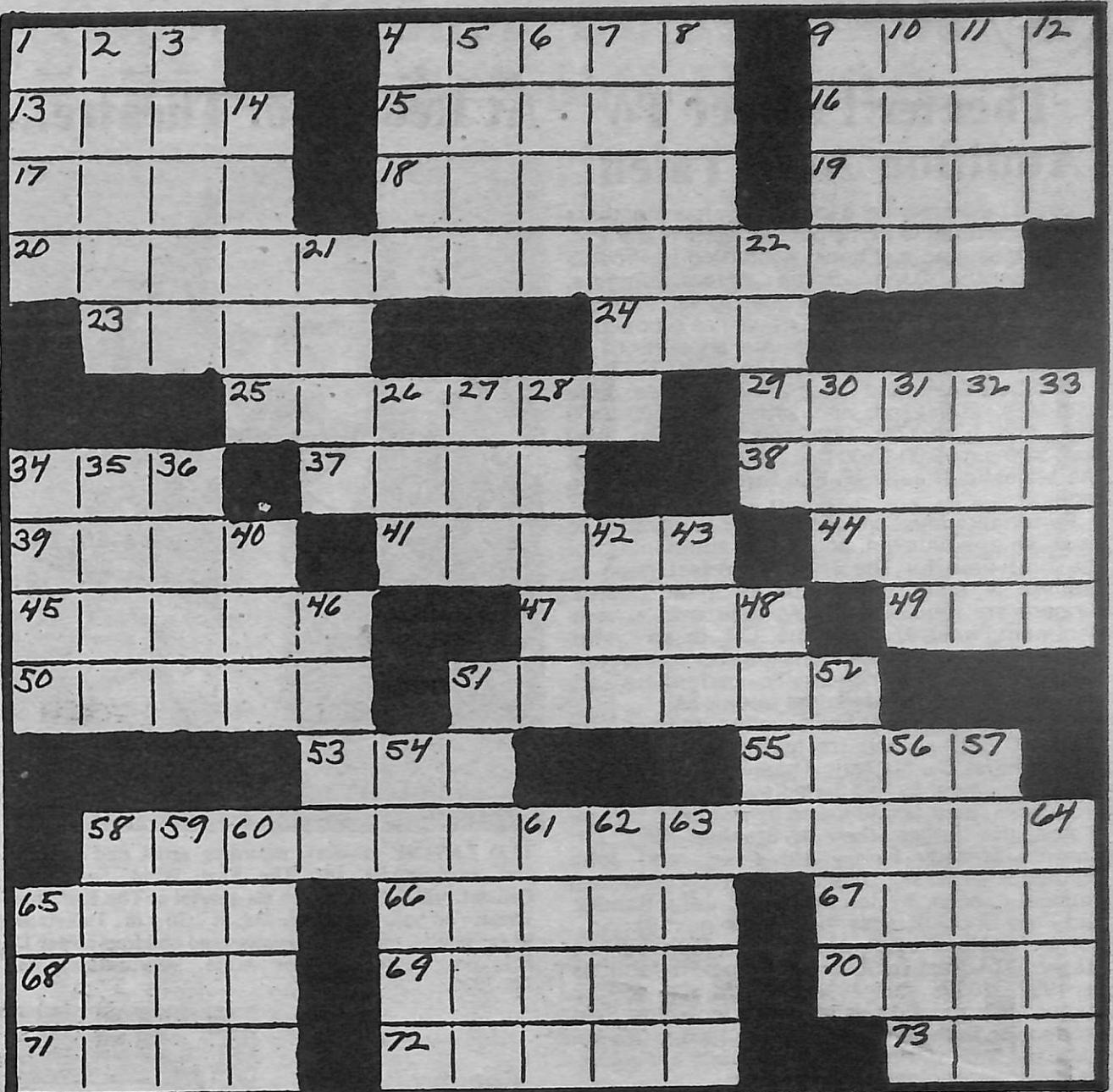
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- 1 Haggard novel
4 Coarse files
9 A Marx brother instrument
13 Laquered enamelware
15 Wide awake
16 On the ocean
17 Notable time periods
18 Indian princess
19 Rave partner
20 Dominican baseball brothers
23 Observes
24 Dutch commune
25 Irish —
29 Poet's under
34 Ike's WWII command
37 Virginia dance
38 Houston ballplayer
39 Nude
41 Rats on
44 Inner self
45 Atlanta ballplayer
47 The old sod
49 House animal
50 More rational
51 Poker straight
53 Hostel
55 Slaughter of baseball
58 Baseball brothers from Frisco
65 Bull south of the border
66 Essen sausage

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2 Israel dances
3 Please greatly
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5 Arkin
6 Remit
7 Like one over another
8 Noble horse
9 Spydom's Mata
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12 Singer Boone
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22 Songstress Horne
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27 Tiger's starting point
28 Actress Barkin
30 Curved letter
31 Over
32 Oral exam response
33 Western star of old
34 Recedes
35 Scarlett's home
36 Algerial landing site in 1942
40 Adam's mate
42 Fleur de —

Meet The Master - by Dick Mastroianni...



JUST THREE WEEKS AWAY: Our annual "Graduation Issue" will be published on Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients.



Congratulations Graduates!

Dr. Tami Nelson
Hampden County Chiropractic
850 Springfield Street
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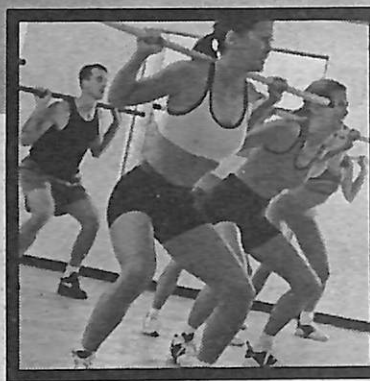
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Woodbridge (1.5 Ltr.) <i>Merlot, Cabernet Sauvignon, Chardonnay</i> \$11.99 <i>White Zinfandel, Sauvignon Blanc</i> \$8.99		Alisa * From Italy * <i>Pinot Grigio Doc (1997 - 1.5 Ltr.) -</i> \$7.99 <i>Pinot Grigio Doc (1997 - 750 ml.) -</i> \$4.99 <i>Merlot (1997 - 1.5 Ltr.) -</i> \$7.99 <i>Merlot (1997 - 750 ml.) -</i> \$4.99 <i>Cabernet Sauvignon (1996 - 1.5 Ltr.) -</i> \$7.99 <i>Cabernet Sauvignon (1997 - 750 ml.) -</i> \$4.99		
Delicato (1.5 Ltr.) * <i>From California</i> * <i>Merlot, Cabernet Sauvignon, Chardonnay</i> \$8.99				
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Canadian Mist (1.75 Ltr.) \$12.99	Cutty Sark Scotch (1.75 Ltr.) \$22.99	Finlandia Vodka (1.75 Ltr.) \$21.99	Seagram's Lime Gin & Grapefruit Gin (1.75 Ltr.) \$13.99	

JUNE BEER SPECIALS

Bud Dry (30-Pk. Cans) \$12.99	Coors X-Gold (30-Pk. Cans) \$11.99	Miller Lite (30-Pk. Cans) \$16.99	Amstel Case — (Bottles Or Cans) \$19.99	Dos Equis * From Mexico * (12-Pk. Bottles) Amber & Special Lager \$9.99
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"The Food Dude"

by John Walters
WHYN AM 560



Talking About Side Salads...

This week's column is about side salads. Let's see, what to serve at a BBQ? Let's make cole slaw and potato and pasta salads.

Cold sides just seem to go with a cookout. In South Carolina, they put a nice big plop of coleslaw on top of your BBQ pork sandwich. I prefer mine on the side.

The difference, I think, in real Southern "slaw" is the sweet & sour enhancements. A little sugar and some cider vinegar mixed with your mayo and milk is what will perk up your salads.

Don't be afraid to try some fresh herbs in your slaws and salads. Shred your cabbage very thin and add some thinly sliced sweet onion as well. A touch of salt will bring out the flavors; just don't use too much. Add a small amount of the purple cabbage for color and some sliced apple, too.

An exact recipe will not give you the opportunity to create, so I want to encourage you to shoot from the hip with these salads.

Potato salad just begs to have a couple of chopped hard-boiled eggs added. Try some green olives or ripe black olives in the mix as well.

In your pasta salads, add some canned tuna and try adding some canned sweet peas.

Tortellini salads are nice; just mix a bit of sour cream with the mayo. A little fresh dill will do wonders for the flavor, too.

Never be afraid to experiment. You might not like what you make, so then you never make it again. That's what it's all about ... trial and error.

Cold cucumber salad: thinly slice your cukes, add some green onions, and mix with sour cream, a splash of milk, and a squeeze of lemon juice. Add a little salt and pepper. Wow — a real refreshing salad for your cookouts. Oh, add a pinch of dill, too.

Cold meat and cheese platters will keep everybody at bay until the BBQ is ready to serve. A veggie platter with blue cheese dressing or ranch dressing works nice, too.

Next week, I'll tell you about some summer drinks that are real refreshing and thirst-quenching. Until then, I'll be talking to you on the radio.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Blue Seal brand kielbasa and quality table-ready meat is his sponsor.)



Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!

Entertainment At Breakfast...



ON SATURDAY, MAY 13TH, students and teachers from The Mary Ann Studio of Dance (located in Agawam and Springfield) performed for the "World's Largest Pancake Breakfast." Over 100 students (including those pictured above and below) danced in front of the Springfield Civic Center and entertained a large audience, as over 70,000 people attended this event. The students — who ranged in age from two years-old to teenagers — performed tap, ballet, and jazz dances to the delight of the pancake patrons.



A Note To Our Subscribers:

We wish to thank you, our many subscribers, for your loyal readership and support over the past year. Renewal notices for our one-year billing period from July 1, 2000 to June 30, 2001 are now in the mail.

To receive your discount, please pay before June 30, 2000. Send your check and the top portion of your bill to Office Services Unlimited, Box 96, Agawam, MA 01001. Again, without our loyal subscribers, giving the Town of Agawam a quality hometown newspaper each week of the year would be impossible.

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Memorial Day Movie Tribute (Part II)

Last week, I presented my Memorial Day movie tribute to all our war casualties and our veterans as an expression of thanks for their sacrifices. In recognizing these fine people, I've selected three more excellent war films...

** Sands Of Iwo Jima: 1949. Not rated.*

John Wayne delivers what many consider his finest performance in this riveting World War II picture. Wayne portrays a tough Marine sergeant. The immense popularity of this classic film is mainly due to the high production value, but most noticeable is the meticulous editing.

Sands Of Iwo Jima plays much like more contemporary war films in that we follow a few choice characters as they experience the hardships of war. Keep in mind that this film surely had influence on later war film directors in some way. Thusly, you may feel as if you've seen it all before.

Take heed, however, that this film, although probably not viewed first by most of you, was indeed made before all the other war films I've reviewed over the last two weeks. With that in mind, I recommend clearing your mind of any other war pictures you've seen and then watching this one.

The film's editing is also worth complimenting. The insertion of actual war footage is seamlessly edited with film footage. I mention this because this is a major attribute, along with Wayne's Oscar-nominated performance, that gives the film its sense of reality.

Reality is important when it comes to war films. *Sands Of Iwo Jima* achieves its reality from the perfect editing and Wayne's memorable performance. Also worth noting are the cameo appearances of three of the famous Marines who raised the American flag on Mt. Suribachi.

For those of you so inclined, there is a colorized version of this film available for rental as well; however, I am recommending the unaltered, classic black-and-white version. **4 STARS**

** Apocalypse Now: 1979. Rated R.*

Francis Ford Coppola directed this epic film about the Vietnam War. Present are the acting talents of Marlon Brando, Robert Duvall, and Martin Sheen, as well as a young Harrison Ford. Although well-produced and acted, the film does leave you feeling a bit unfulfilled during the climax.

Apocalypse Now centers around an agent, played by Sheen, who embarks on a trek into Cambodia searching for an officer, played masterfully by Brando, whom he has orders to kill. The film then takes you on a journey through the turbulent conflicts of the war.

The photography in this film is breathtaking and certainly is one of the high points of the film. This, partnered with the emotional power of the subject matter and the fine performances, makes the film very gripping.

There is one problem with this film. The climax,

* * * * *

"PISANO'S PICKS On Video" is a regular feature of The Agawam Advertiser News.

* * * * *



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when Sheen actually finds Brando, does not have the impact it could have had. This is primarily due to the fact that these scenes are slightly ambiguous in that the viewer has to utilize a great deal of thought to fully comprehend the occurrences. This flaw does not destroy the film; it just ultimately proves to be slightly unsatisfying.

Based on Joseph Conrad's "Heart Of Darkness," *Apocalypse Now* is an overall fine work. Brilliant photography, skillful direction, and a dazzling cast ensemble camouflage the few screenplay flaws that this film has. Also check out a documentary called *Hearts Of Darkness*, which features in-depth discussions on the making of this film. **4 STARS.**

** Saving Private Ryan: 1998. Rated R.*

This film can only be described as the epitome of filmmaking. Film genius Steven Spielberg brings his magic to the movies again through his perfectionist film direction.

Tom Hanks stars as Captain John H. Miller, the man who is ordered to find Private John Francis Ryan, the last of four brothers to survive European wartime circa 1944.

This truly is a perfect film for a number of reasons, most notably the direction. Spielberg's meticulous attention to detail is present in virtually every frame, and his influence is felt in every facet of the film. Multi-dimensional photography is used throughout the film, creating some beautifully shot scenes.

Such scenes are especially apparent during the opening Omaha Beach invasion, as well as the cemetery scenes. During these scenes, you see something in the foreground, midground, background, extreme foreground, and extreme background. John Williams' powerful soundtrack adds even more perfection to the mix because his classical themes fit the action on screen superbly.

The acting is yet another strength and proves to be absolutely riveting, even by the many extras. This enables Spielberg to use the unorthodox approach of developing characters late in the film. Almost until the end of the movie, we are still learning about the soldiers while Spielberg begins to reveal their fragility or humanity.

Camera movement is smooth, subtle, and creative, yet the scenery at times is shockingly picturesque. Notice how the camera shakes during the battle scenes (a strategy that older war films used), causing a disruption with the viewer that coincides with the action in the film. Through this, Spielberg certainly pays homage to this film genre's predecessors.

Saving Private Ryan may well be the best war film you could ever see. The acting, sound, filming techniques, soundtrack, photography, and storyline are perfectly laid out in magnificent form by Spielberg. Simply put, the high quality of everything about this film confirms Spielberg's mastery of his craft.

From using certain colors in the shots at certain times to directing cameramen, there's a certain unique touch that Spielberg puts on his films, and *Saving Private Ryan* demonstrates them all in absolute perfect union. **5 STARS.**

***** PISANO'S PICKS REVIEW GUIDE *****

- 5 STARS** - Extraordinary.
- 4 STARS** - Excellent.
- 3 STARS** - Good.
- 2 STARS** - Average.
- 1 STAR** - Watchable.
- 0 STARS** - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.

"Wildweed Slide Show" At Agawam Library On June 8th

Author Blanche Derby of Northampton will present a program, "Wildweed Slide Show," on Thursday, June 8th, from 6:45 to 8:45 p.m. at the Agawam Public Library, 750 Cooper Street, Agawam.

Learn how some common "weeds" can be used as food. Have you ever eaten stinging nettles, cat-tails, or black locust flowers? Many so-called "weeds" taste just as good as (or better than) their cultivated counterparts, and — best of all — they are free.

Learn from this colorful slide show about some common wild plants and how they can add zest to your meals. You'll become acquainted with approximately 30 plants.

The program is free and open to the public. Please register in person or call 789-1550.

In June 10th Show In Holyoke...

Jerry Millette Of Agawam One Of "The Three Baritones"

The Music Room in the Wistariahurst Museum in Holyoke will be alive with the sound of music from The Three Baritones on Sunday, June 10th.

The 2:00 p.m. show will feature the group singing in the style of The Three Tenors as their music includes selections from Opera, Operetta, and Broadway, with a touch of comedy as well.

Brad Shepard, well-known radio personality, Jerry Millette of Agawam, featured in many local musical shows, and Jim Denning, a featured tenor in local churches, sing together as The Three Baritones for local groups and parties.

There is no charge for this show and seating is limited to first-come, first-served. This project is supported by a grant from the Holyoke Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Suffield Players To Hold Auditions For "Inherit The Wind"

The Suffield Players will hold open auditions for their fall 2000 production of "Inherit the Wind" on Sunday and Monday, June 11th and 12th, from 7:00 to 9:00 p.m. at historic Mapleton Hall, 1305 Mapleton Avenue, Suffield.

The cast calls for eight women and 20 men, ages 13 to 65. Show dates will be October 12th, 13th, 14th, 20th, 21st, 27th, and 28th, with rehearsals beginning August 27th. Scripts are available at Kent Library for review.

For information, call director Steve Mangine at 747-3011 or 783-0245.

— ADVERTISER NEWS —

Shooting Star Dance Center

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July 10th & 11th, 10:00 a.m. - 4:00 p.m.

or come join our five-week summer class program & meet some new friends. Try something new!!

Tuesdays, July 11th — August 8th

For further information, call

Shooting Star Dance Center

297 Springfield St., Agawam

(413) 786-0660

Sign up for any summer program and receive a \$5.00 coupon off your fall registration.

Come see our annual recital held on Saturday, June 17th, at 1:00 p.m. at Central High School in Springfield. To purchase your tickets, please call 786-0660. Hope to see you there!!



Education

Information Regarding Ag. Public Schools' Summer School 2000

SUMMER SCHOOL DIRECTOR: Alan R. Cohen.
REGISTRATION PLACE: Agawam High School
Guidance Office, 760 Cooper Street, Agawam,
MA 01001. Telephone number (413) 821-0519.

**ALL SUMMER SCHOOL CLASSES WILL BE
HELD AT THE AGAWAM HIGH SCHOOL.**

LENGTH OF PROGRAM: 4 weeks - 40 hours.
TIME AND DAYS: Classes will be every day,
Monday through Friday, beginning July 10th and
ending August 4th. Class time is 8:00 a.m. to 10:00
a.m., or 10:00 a.m. to 12:00 noon.

REGISTRATION FEE: \$100 each class
(residents and non-residents).

REGISTRATION: Will begin **Monday, June 19,**
2000 through the first day of Summer School.

PAYMENT: Checks made payable to **AGAWAM
SUMMER SCHOOL.** Full payment is due with
Registration Form (available from the AHS
Guidance Office).

CANCELLATION: The Summer School Director
reserves the right to cancel any course(s) due to
insufficient enrollment. Section time may also
change due to enrollment.

REFUND POLICY: Full refund if course is
canceled. NO REFUND AFTER FIRST CLASS HAS
MET or if student is discharged from program
because of discipline.

ATTENDANCE POLICY: No credit will be given
if student misses more than one class. No make-
up work is allowed after the end of the program.
Two tardies is equal to one absence.

ELIGIBILITY: Anyone may take a class for
enrichment. If school credit is desired, ar-
rangements must be made with one's own
guidance department before registration.

THE FOLLOWING COURSE TIMES ARE SUB-
JECT TO CHANGE, AND COURSE OFFERINGS
AND BASED ON ENROLLMENT.

* **ENGLISH, 8:00 - 10:00 A.M.**

7th Grade English, 8th Grade English, 11th
Grade English, & 12th Grade English.

* **ENGLISH, 10:00 A.M. - 12:00 NOON**

9th Grade English & 10th Grade English.

* **HISTORY/SOCIAL STUDIES, 8:00 - 10:00 A.M.**

8th Grade Social Studies, 9th Grade World
History/Geography I, & 10th Grade World
History/Geography II.

* **HISTORY/SOCIAL STUDIES, 10:00 A.M. - 12:00
NOON**

7th Grade World History/Geography & 11th
Grade U.S. History.

* **SCIENCE, 8:00 - 10:00 A.M.**

Physical Science, Biology/Natural Science, &
Physics/Conceptual Physics.

* **SCIENCE, 10:00 A.M. - 12:00 NOON**

7th Grade - Integrated Science, 8th Grade - In-
tegrated Science, Chemistry/Con Chemistry.

* **MATHEMATICS, 8:00 A.M. - 10:00 A.M.**

Algebra I, Geometry, General Math (Grades
9-12).

* **MATHEMATICS, 10:00 A.M. - 12:00 NOON**

7th Grade Math, 8th Grade Math, Algebra II, &
Pre-Algebra.

* **WORLD LANGUAGES, 8:00 A.M. - 10:00 A.M.**

Intro To French, French I, & French II.

* **WORLD LANGUAGES, 10:00 A.M. - 12:00
NOON**

Intro To Spanish, Spanish I, & Spanish II.

* **PHYSICAL EDUCATION, 8:00 A.M. - 10:00 A.M.,
OR 10:00 A.M. TO 12:00 NOON.**

Openings Left For Perry Lane Park Summer Camp

The Agawam Parks and Recreation Department
has openings for the Perry Lane Park Summer
Camp in the following sessions:

DAY CAMP — for ages six through 11; 9:00 a.m.
to 3:30 p.m., Monday through Friday.

Session I — June 26th through July 7th (no
camp on July 4th).

Session III — July 24th through August 4th.

TEEN CAMP — for ages 11 through 15; 9:00 a.m.
to 3:30 p.m.

Session I — June 26th through July 7th (no
camp on July 4th).

Session III — July 24th through August 4th.

PRE-SCHOOL CAMP — for ages four and five;
9:00 a.m. to 12:00 noon.

All sessions are available.
Please register at the Recreation Office, 760
Cooper Street, Agawam.

— ADVERTISER NEWS —



MELISSA WEINLE (left) and JENIKA PEELER (right) were among those students who were recently recognized at AIC's annual Academic Awards and Class Night Program.

Locals Honored At AIC's Annual Academic Awards/Class Night Prog.

American International College recently held
its annual Academic Awards and Class Night Pro-
gram, honoring outstanding students in academic
disciplines.

Jenika Peeler of Agawam received a Depart-
ment of Biology award for outstanding achieve-
ment. She is a junior majoring in biology.

Melissa Weinle of Feeding Hills was inducted
into the Alpha Phi Sigma National Criminal
Justice Society. A junior majoring in psychology
and criminal justice, she is the daughter of Phyllis
and John Weinle.

Agawam High School Guidance Bulletin

COLLEGE ACCEPTANCES: Congratulations!
Nick Armata: Holyoke Community College.

Any Senior who plans to attend college in the
fall should bring a stamped, addressed envelope
to the guidance office so the final transcript can
be mailed this summer. Colleges need proof of
graduation.

Family, friends, faculty, and administration
gathered for the ceremony in the Esther B.
Griswold Theatre for the Performing Arts to
celebrate the awards.

Founded in 1885, American International Col-
lege is a four-year, private, coeducational institu-
tions, offering undergraduate and graduate
degrees in the schools of arts and sciences,
business administration, psychology and educa-
tion, and health sciences.

For more information, please contact the Office
of Public Relations at (413) 747-6231.

"Blast-Off Dance" At The Middle School

The annual **Blast-Off Dance** for Agawam Middle
School sixth-graders will be held on Friday, June
9th from 6:30-8:30 p.m. in the Middle School
cafeteria. Students must have a signed permis-
sion slip to attend.

We're planning a "Beach Party" theme this year
with lots of food, music, and fun activities plann-
ed (Hawaiian shirts optional!). We'll also be
holding a "Chinese Auction" for door prizes
donated from local buiness.

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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

The Bow And The Arrow...

The phone rings. I answer. On the other line is a parent who has been notified of her son's warnings and is naturally very upset. She has been so good to her son; she has worked so hard to see that he has the creature comforts of life; she has given him encouragement and advice. Where has she gone wrong? She is agitated; she is at a loss to explain why her son is not experiencing success. She feels guilty. Is her parenting O.K.?

I calm her down and explain that she is not the one who has been earning the grades. Jimmy is doing that all by himself. We had tested him before for learning disabilities and found that he was an above-average student who was certainly capable of succeeding. The choice to succeed has always been his, but he has chosen to do poorly. No one has forced him into making this decision; he has chosen it himself and now he has to deal with the consequences.

"You know, Mrs. Smith," I continue, "when you're the parent, you are like the bow and your son is the arrow. He leans against you and gleams from you your morals, strength, and advice. As he matures, the arrow is not held onto the bow as much; instead, it is poised for flight."

"Then, it is up to you to release him to the world. He will take with him what you have taught him. As he travels forth, like the arrow, he will encounter positive and negative currents; yet, it is up to him to keep pushing straight ahead with his eye on the goal of succeeding."

I reinforce that the arrow might not always fly in a straight path; it will be buffeted. But it will continue to move forward filled with the knowledge, wisdom, and guidance that Mrs. Smith has instilled.

Continuing my analogy, I say, "Like the arrow, your son has to leave you and go off on his own. He must venture forth in order to grow. When he meets obstacles, he must deal with them. In this way, he will learn decision-making and coping skills. Do not take blame for his actions. He must take ownership of them. If you make yourself responsible for your son, he will never take on the responsibility for himself."

I told Mrs. Smith that she has parented to the best of her ability. She has been a "good bow" to which the "arrow" has clung, but now it is time (actually, the time is overdue) for the "arrow" to take flight.

Certainly, this does not mean Mrs. Smith is no longer a parent. She will always be her son's mom. She should still share her feelings and offer advice, admonishment, and encouragement where warranted.

But, it has become time for her son to feel the buffeting from the forces of life, to deal with them, and to get himself back on a flight path that is aimed toward a positive goal. And he cannot do this if she keeps sheltering him.

The bow and the arrow ... they come together and enable each to function ... the arrow gives the bow a reason for being, and the bow gives the arrow the strength to be.

Spring Open House At MacDuffie School

The MacDuffie School will open its doors to the public on Thursday, June 8th, when it hosts its Spring Open House.

Registration will begin at 6:30 p.m. in Rutenber Hall, followed by student-conducted tours of the campus. Visitors will see classrooms and lab areas, as well as visit with teachers and administrators. The day will conclude with a panel discussion and question and answer period.

Each year, many students and their parents consider a private independent school as an educational alternative to public or parochial schools. A study by the U.S. Department of Education has confirmed what independent families have always known - that independent school students do more homework and more advanced coursework, watch less television, read and write better, become more involved in extracurricular activities, and in short, get excellent preparation for college - and life.

The MacDuffie School is a coeducational preparatory day school for students in grades six through 12. Classes are small and conducted by exceptional faculty with extra help sessions available in all subjects. The MacDuffie School offers many opportunities for academic advancement as well as an extensive arts program, including music, dance theatre, and visual arts. Interscholastic athletics in 10 varsity sports are available.



SUSAN NATALE

Susan Natale Named To Dean's List At AIC

Susan Natale, the daughter of Mike & Kathy Natale of Pineview Circle, Agawam, has been named to the Dean's List at AIC for the 2000 spring semester.

Susan is a junior majoring in marketing at AIC. She will be doing her internship this summer in marketing at Six Flags Park.

Susan is a graduate of Agawam High School.

Advisory Council To Meet Wed., June 7th

A meeting of the newly-formed Agawam Parent Advisory Council will be held on Wednesday, June 7th, at 7:00 p.m.

The meeting will be held in the Agawam High School cafeteria. Please feel free to come and join the meeting.

The committee members of the Agawam Parent Advisory Council are as follows: Robert Sellers, president; Janice Mesick, vice-president; Mary Ouimet, treasurer; Terry Elkins, secretary; Anne Marie Smith, parent liaison; and Bonnie Waters, public relations.

If you have any questions or concerns, please call Robert Sellers, 786-8583, or Bonnie Waters, 789-1755.

Agawam Schools' Weekly Lunch Menu

Monday, June 5th: Steamed frankfurts in roll, Boston baked beans, oven french fries with catsup, chilled pears in syrup, milk.

Tuesday, June 6th: Oven-baked chicken nuggets, dipping sauce, steamed rice, seasoned diced carrots, wheat bread and butter, almond cookie or fruit cup, milk.

Wednesday, June 7th: Grilled cheese sandwich, pickle chips, oven potato rounds, catsup, pineapple tidbits or chocolate pudding with topping, milk.

Thursday, June 8th: Meatballs in tomato sauce, buttered macaroni, seasoned green beans, Italian bread and butter, cinnamon applesauce or midnight chocolate cake with icing, milk.

Friday, June 9th: Sliced deli turkey in roll, tossed garden salad with ranch dressing, oven potato puffs with catsup, fruit cup or ice cream cup, milk.

Agawam Residents In AIC's Doctoral Prog.

American International College recently named Kristen Mills and Jason Rivizza of Agawam as candidates in the doctoral program in educational psychology.

Through AIC's program, candidates will be professionally prepared in educational psychology, with a special emphasis on the area of learning disabilities.

All students work closely with the staff at the Curtis Blake Child Development Center, which is located on the AIC campus and provides diagnostic services to children, adolescents, and adults who have academic and accompanying social difficulties while in school or the workplace.

"The candidates are joining an elite group of scholar-practitioners, and I know they will make a significant contribution to our field," said Richard C. Sprinthall, Ph.D., program director and professor of psychology at AIC.

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Sports

Girls' Varsity Lacrosse...

Brownies Nip E.L. To Gain WMass. Berth

by Dave Rollins
Sports Editor

The Agawam High girls' lacrosse team had painted itself into a semi-corner when East Longmeadow High came calling Tuesday afternoon at sunny Harmon Smith Field.

The Brownies had two games left in the regular season and had to win one of them to qualify for tournament play. They beat the tough Spartans, already in the playoffs, 13-11.

This one was not an easy win for the Brownies. They trailed 8-6 at the end of the first half and had to fight back from a three-goal deficit in the second to secure their ninth win against five losses.

ELM went ahead, 1-0, with 49 seconds gone in the game. Agawam came back two minutes later behind some good offensive work by Amanda Sternowski, Sheri Benton, and Annie Paquette. Those three set up an unassisted score by Kate Shannon to tie it at one.

Paquette, who would have four goals in this one, got her first at the 4:18 mark from 10 feet out on the left crease. The assists went to Benton and Sara Gregory and Agawam was up, 2-1.

Locals Playing Some Tough Defense

At this point, the Brownies, led by senior Laura Reveruzzi, were playing some tough defense. That defensive effort translated into a like effort when the hosts had the ball. Five minutes and 14 seconds in, Agawam scored again. It was Shannon's second goal and Agawam led, 3-1.

The Brownies were back on the attack at the 7:47 mark. After Shannon, Shea, and Paquette drove the ball deep into the Spartan zone, Allison Newell finished things off with Agawam's fourth goal.

East Longmeadow got one back on a left wing rush at 8:04. Agawam matched it 20 seconds later on a bang-bang play. Paquette brought the ball behind the Spartan goal and took a look out front. The senior captain spotted Sheri Benton cutting in from the right point. Paquette's pass was on the money and Benton bounced the ball home, giving Agawam a 5-2 lead.

ELM scored two quick goals to cut Agawam's margin to 5-4. Then, at 9:40, they tied it at 5-5 on a big right wing rush. Rolling now, the visitors could do no wrong. They scored two more times and enjoyed a 7-5 lead with 10 minutes to go.

Benton got it to 7-6, ELM, by scoring with five minutes left. The Spartans would close out the scoring as the half wore down, taking an 8-6 lead into the break.

Agawam would have 10 first-half shots on net. ELM checked in with 12.

Agawam started the second half with a Paquette full-field rush. She was convoyed along by Shannon, who got the pass from Paquette. Shannon got tripped up by the Spartan 'D' in front of the goal and received a free shot, which she put into the left corner, closing the score to 8-7, ELM.

Two minutes, 26 seconds in, Paquette scored her second of the game on an effort 15 feet in front, to tie it at eight.

Brownie keeper Mary Elizabeth Dupelle stepped up on two tough ELM shots shortly thereafter. The veteran senior blocked a screamer off a mid-field rush at 2:40 and then did the same on a free shot. However, the Spartans' pressure continued and they scored at 4:40 to take a 9-8 lead. Two more scores saw them increase the margin to 11-8 with 10 minutes to play.

Heads-Up Maneuver

Agawam got one back on a heads-up maneuver by Sternowski, who circled the Spartan net and fired from 10 feet in the left crease, closing the gap to 11-9, ELM.

The Brownies, under Coach Cindy Grieve, haven't been a regular visitor to the playoffs by getting baked in big games. And they weren't about to get the fork stuck in them now. Paquette got her third on a rush down the middle. And it was 11-10, Spartans. Agawam tied it at 11 on another Paquette goal (her fourth) with 9:00 to play. They moved ahead to stay when Sarah Prussman rammed one home two minutes later to give Agawam a 12-11 lead. Prussman would score one more time to make the final, 13-11, Agawam.

The Brownies had nine second-half shots for a game total of 19. East Longmeadow got off eight and totaled 20. The Spartans fell to 9-5-1.

Agawam would have one regular season game left on Thursday, June 1st, against visiting West Springfield (4-9).

Boys' Varsity Volleyball...

Falcons Bounce Brownies From The Western Massachusetts Tournament

by Dave Rollins
Sports Editor

"The kids played hard. But we were just outclassed."

That was the way Agawam boys' volleyball Coach Pat Demers described her club's 15-8, 15-3, 15-6 playoff loss to defending Western Mass. champion Minnechaug Regional. The game was in Wilbraham and we could say it was something of a road job. But we won't. The Falcons, who also won the Western Mass. crown in '98, are an excellent team, and would have prevailed no matter which way the calls went.

Demers started with Mike Thomas, Ric Romano, and Jeff Maynard up front, with Brad Theriaque, Joe Maynard, and Brian Forsman on the back line. Forsman started out with the serve and it was instant side out for Agawam. Jeff Maynard got a point on his serve behind some good offensive blocking by Romano and Joe Maynard.

The Falcons got one before net-serving the ball back to the Brownies. Romano gave Agawam a 3-1 lead on his serve. Minnechaug got one back before serving out. Then, Mike Thomas stepped back and served Agawam to a 5-2 lead.

Minnechaug Takes Control

Minnechaug then took control. They would step to the back line in 17 of the next 22 service games and run the score to 12-6 in its favor. Agawam's only servers were Joe Maynard (once), Brad Theriaque (twice), Forsman (once), and Jeff Maynard (once). Together, they managed one point.

That was Agawam's problem throughout - it couldn't get a consistent service rhythm going. Agawam managed to cut the margin to 12-8 on Ken Shaw's serve. But the Falcons, on a spike ball, a kill, and a Brownie return of service that went wide, took the first game, 15-8.

The second game saw Romano, Jeff Maynard, and Thomas up front. Joe Maynard, Theriaque,

and Forsman backed them up. Minnechaug jumped off to a quick, 2-0 lead before Agawam, on Forsman's serve, tied it at two.

Once again, Minnechaug juiced up its serve and went on a 10-2 run. Much like the first game, the Falcons dominated the back line, with 17 out of 24 chances before a net ball ended the run. By then, Minnechaug led, 13-2. Romano got one back on his serve. But Agawam had dug itself in a hole and it lost the second game, 15-3.

The Final Encounter

The final encounter saw a new face on the front line. Demers had brought up four kids from the junior varsity and one of them, sophomore spiker Mike Kelly, got the call on the front line. He was joined by Theriaque and Thomas. Shaw, Jeff Maynard, and Forsman were back.

Minnechaug got a point and Agawam, on Thomas' serve, tied it up. Minnechaug got the ball back and went on a four-point run to lead, 5-1. Joe Maynard got one back off a nice dig and winner from his brother, Jeff.

With the Brownies down 5-2, Minnechaug, on several good service attempts, took an 8-2 lead. Agawam had perhaps its best run of the game at that point. Romano served for a point which was unreturnable. Thomas killed back on Minnechaug's next serve, then went to the back line and turned in Agawam's best service series of the entire match. He had five serves and helped by a nice kill by Forsman, brought Agawam to within two, 8-6.

After a Falcon spike got the service back, the defending champion ran the table. Agawam, which would not get the ball on offense for the remainder of the game, fell 15-6 and three games to none.

The Brownies' final record went to 12-9. It was the second year in a row they'd been knocked out of the playoffs by Minnechaug.

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Boys' Volleyball Playoffs...

Brownies Chalk Up Satisfying Victory Over Visiting Sci-Tech Cyber Cats

by Dave Rollins
Sports Editor

The eighth-seeded Agawam High boys' volleyball team plunged into the playoffs last Friday evening, May 26th, with a 15-16-15/9-14-12 straight game win over visiting Springfield Sci-Tech (number nine seed). Agawam split its two regular season contests against the Cyber Cats, so this was a very satisfying rubber match.

At this writing, Agawam has a meeting at Minnechaug Regional against the top-seeded and two-time defending Western Mass. champion Falcons. Minnechaug beat the Brownies in last year's playoffs.

Coach Pat Demers started with a first-game lineup of Matt Taylor, Mike Thomas, and Brian Forsman on the front line, with Brad Theriaque, Joe Maynard, and Jeff Maynard backing them up. That group clicked for a time.

Behind some good service games by Forsman (the best in that department on the team), Thomas, Joe Maynard, and Theriaque, plus some defensive work by Vic Romano and Jeff Maynard, the Brownies jumped out to a 7-1 lead.

However, volleyball is a game of momentum, and it was no surprise when the Cats began to claw their way back into it. After seven straight service games and some miscommunication on the part of Agawam's defense, Sci-Tech led, 8-7.

Some Changes In Offense

Demers admitted she made some changes in her offense and the tide turned back in the Brownies' direction. Adam Howe served six straight times and assisted by a nice touch point and three big kills by Thomas, plus two kills from Theriaque, and Agawam jumped back in front, 12-8.

Both teams went back and forth with their service opportunities until Jeff Maynard stepped to

the back line with his club up, 12-9. Maynard served three in a row and got his club two points. One of them came on a great dig by Forsman that saved what looked to be a dead-on Cat spike to regain the service.

When they did, Sci-Tech served out giving the advantage back to Agawam. A Sci-Tech out-of-bounds effort set up Agawam's winning score off the serve of Thomas and Agawam had a 15-9 win in this best-of-three playoff battle.

Jeff Maynard, Adam Howe, and Thomas were up front. Joe Maynard, Forsman, and Theriaque manned the back line to start game number two. The Cats took a 3-0 lead on the initial service before Agawam came back, tying it up and going ahead, 4-3, on the serve of Thomas.

Sci-Tech would tie it at 5-5. Four Jeff Maynard serves got Agawam back on top, 8-6. Some great reaction spikes by Theriaque enabled Agawam to take a 10-6 lead on Thomas' serve. However, the Cats weren't about to roll over and spit up a hair ball. They came back to tie it at 10.

A big defensive block by Jeff Maynard gave Agawam the service. Theriaque served three times and with the help of a Jeff Maynard kill-shot and a nice tip for a point by Howe, the Brownies were up again, 13-10.

Gut-Check Moment For The Brownies

Sci-Tech came back and took the lead, 14-13. The Brownies were looking at a gut-check moment. They got one back on a big kill by Romano off a Thomas serve. Sci-Tech had the next serve and Agawam got it back on a defensive spike by Theriaque. Joe Maynard then had an opportunity to serve for the second game win. A Theriaque kill put Agawam up, 15-14. Then, a Cats' return hit the rafters and rattled around. The ball was still in

play, but their defenders couldn't track it down and Agawam had its 16-14 victory.

Leading two games to zip, Agawam, one arm hanging out the window, the other light on the wheel, was firmly in the driver's seat. Howe, Thomas, and Jeff Maynard started up front. They were backed by Theriaque, Joe Maynard, and Forsman. Sci-Tech served first and jumped out, 2-0. Forsman tied it at two on his serve. Sci-Tech served out.

Jeff Maynard then stepped to the back line. A Thomas kill, a shot wide by the Cats, and a Romano kill put the Brownies up, 5-2.

A big kill on a Cats' serve after they fought back to make it 6-6 saw them retake the lead, 7-6. Two Jeff Maynard service games put the Brownies back up, 9-7. Sci-Tech tied it for the third time at 9-9 before a defensive spike by Theriaque sent the big senior to the back line. Theriaque served his club to a 12-9 lead.

It was stretch time, with the Cats desperately trying to put something together to avoid being swept. They got it to 13-10, Agawam. Then, a defensive spike by Thomas saw the serve go back to the Brownies. Jeff Maynard took the ball and got Agawam's 14th point on a nice touch drop by Forsman. Sci-Tech got the ball back and also put up two points on a couple of big kills.

Agawam needed a momentum killer at that point. It turned out to be Thomas, the junior veteran. Thomas stepped up on defense and blocked the ball to get the service back for the Brownies. Howe would have it. Thomas took the set-up after the ball came back to the Agawam offense and spiked for the kill and a third game, 16-14 Brownie win.

JUST THREE WEEKS AWAY: The AAN's annual "Graduation Issue" will be published on Thursday, June 22nd, featuring coverage of AHS and collegiate graduates and this year's scholarship recipients.

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Girls' Softball Seeded 6th In WMass. Tourney

by Dave Rollins
Sports Editor

The seedings are out for Western Mass. Division I softball.

The Agawam High Brownies, by virtue of their 14-6 (5-3 in the league) record, grabbed the sixth spot. That means they'll have a first-round game at Harmon Smith against 11th-seeded Northampton on Thursday, June 1st. They beat the Devils by a wide margin earlier in the season.

If Agawam wins, it has yet another meeting with third-seeded West Springfield High, a team that (by virtue of a big inning in each game) has beaten AHS twice this season — 7-2 and 11-2.

Agawam fared this way against the other teams seeded above them. Minnechaug (19-1) is number one. Agawam lost to the Falcons (5-4) on April 28th. They had a 4-0 lead before the roof fell in. Agawam did not play number-two-seeded and defending champs, Pittsfield (18-2). Nor did they play fourth-seeded Taconic (18-2).

The Brownies split with fifth-seeded Cathedral (15-5), losing 5-4 at the Panthers' place and winning 2-1 at Harmon Smith Field.

By contrast, last season Agawam had the ninth seed and went two rounds, beating number eight Holyoke (2-0) before being eliminated by Cathedral, 8-7.

Westfield Riding Club Slates Open Horse Show For June 4th

The annual Westfield Riding Club Open Horse Show will be held at the club grounds on Sunday, June 4th. Grounds open at 7:00 a.m., with the show starting at 8:30 a.m. Food will be available.

Contact person for both shows is Alicia at the following E-mail address: Ermine373@aol.com.

A Note To Our Subscribers:

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To receive your discount, please pay before June 30, 2000. Send your check and the top portion of your bill to Office Services Unlimited, Box 96, Agawam, MA 01001. Again, without our loyal subscribers, giving the Town of Agawam a quality hometown newspaper each week of the year would be impossible.

The "Boys" Of 2000 And 2001...



PETER CLARK (far left), the coach of the Agawam High School boys' varsity baseball team, poses with Brownies who'll be returning to the field for Agawam High next season (from left to right): Ben Lapins, Mike Hill, Shawn Mercadante, Aaron Gilbert, Tony LeClair, Brandon Donovan, Marc Barcomb, Dan Boissonneault, and Corey Federico. Advertiser News photo

by Dave Rollins.

10th Annual March Of Dimes Golf Classic Slated For Monday, June 5th

The March of Dimes is pleased to announce that the 10th Annual March of Dimes Invitational Golf Classic has been scheduled for Monday, June 5th, at Crestview Country Club in Agawam. A dinner and award ceremony will also be hosted at Crestview, following the tournament.

As you know, the March of Dimes fights birth defects and infant mortality. All of the funds raised at the golf tournament will be used by the March of Dimes in its ongoing research, health education, and community outreach programs.

Last year, we reported to you on a research breakthrough involving a cure for hemophilia in mice. We are extremely pleased to update that now.

At the Children's Hospital in Philadelphia, three

Best local news...

patients have been treated successfully for hemophilia, and at the six-month mark are experiencing no adverse side effects and with blood clotting normally. This milestone was possible because of the ongoing support of people like you.

We want you to know the use to which the funds raised are put, and to let you know we appreciate your past and continuing support.

Please join us in making our 2000 tournament another successful and enjoyable event. For further information regarding the tournament (including registration details and sponsorship opportunities), please contact the Western Division office of the March of Dimes at 788-9775.



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Varsity Baseball Versus The Purple Knights...

St. Jean's 2-Hitter Gives AHS A 1-0 Win Over Holyoke

by Dave Rollins
Sports Editor

It was show time once again last Wednesday afternoon, May 24th, for Agawam High ace Brian St. Jean.

The senior didn't disappoint anyone: the faithful, the coaches, the ever-present Juggs-gun-toting scouts, or another interested party in attendance — his perhaps future coach at the University of Tennessee, Rod Delmonico.

St. Jean two-hit the visiting Holyoke Purple Knights, which led to a 1-0 Brownie victory. The win prompted Brownie Coach Pete Clark to comment with a smile, "Brian came through again. And while I'm not that happy about only scoring that one run, I'm very happy with what Holyoke scored."

Along the way, St. Jean dusted 14, walked two, and had a no-hitter going until he gave up a leadoff single in the sixth. He now has a couple of two-hitters and a no-hit gem (versus West Side) on his resume. A resume that not only has Delmonico drooling, but has to be another spike in the interest of the scouts as well.

Agawam went to 11-8 (4-3). Holyoke came in at 13-6 (5-3).

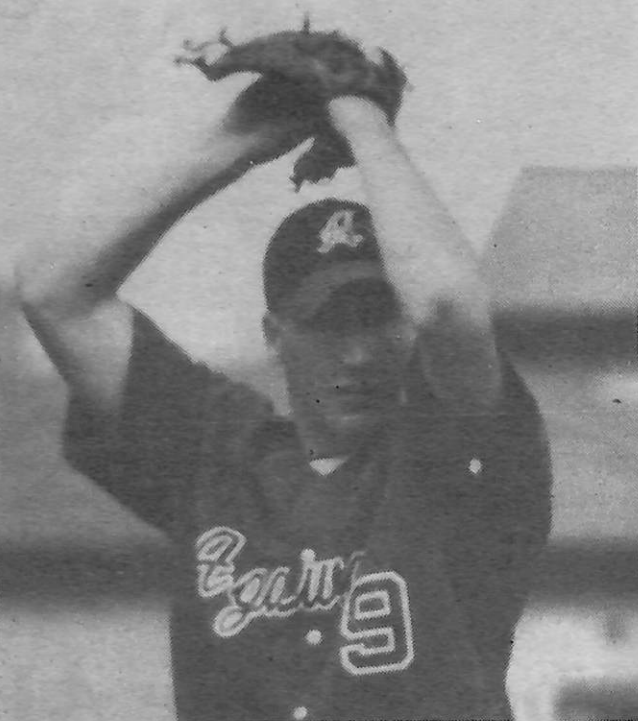
The Holyoke win was important because of what would transpire the next day. Agawam could clinch a piece of the Valley League crown if Cathedral beat Comp. The Panthers did just that, downing the Colts, 11-5. There was also another part of the puzzle — Agawam had to beat visiting Central, which they did, 12-0. In that game, Derek Mercadante, Ben Lapins, and Lou Conte held the Eagles to just three hits. The victory ran the Agawam regular season to 12-8, 5-3.

The Brownies were scheduled to learn their place in the tournament after the seeding meeting at Holyoke High School on Wednesday, May 31st (presstime). Friday, June 1st will see the preliminary rounds. The quarterfinals will be June 5th and 6th; the semis, June 7th and 8th; and the finals on June 10th.

St. Jean Had To Be Dominant...

St. Jean had to be dominant in this one because his counterpart on the hill, Holyoke hurler Joe Westcott, was taking care of business in his own right. He allowed just four Agawam hits, with seven strikeouts and six walks.

Agawam, however, made life on the hill interesting for the Holyoke right-hander. In the first, St. Jean, in the leadoff spot, drew a walk. Brandon Donovan flew to right and Tony Le Clair struck out. Derek Mercadante and Brian Chechile also walked, loading the bases. The threat died on a Scott Harlin strikeout. But the Brownies had served notice that they were out to avenge their 2-1



BRIAN ST. JEAN OF AHS

loss to the Knights the week before.

The second saw St. Jean again get the side in order. At that point, he'd faced six Holyoke hitters, ringing up four of them on strikeouts.

Agawam would get its lone run in the bottom of the inning. One of Westcott's walks, a lead-off job to junior catcher Corey Federico, would end up doing the dirty work. Aaron Gilbert laid down a sacrifice bunt, sending Federico to second. Jack Pearson punched a single to center, and Federico advanced to third. A St. Jean lineout saw Federico stay put. Donovan was next. The Brownie shortstop drilled a fastball to center and Federico came home, making it 1-0, Agawam.

The Brownies never really mounted a big threat after that. But, the way St. Jean was throwing, they didn't have to.

St. Jean, still cruising, gave up a walk and struck out three in the third. The fourth saw him dust the side. At that juncture, he had punched out 10 batters.

Knights' Coach Tom Brassil hasn't been

around for 10 years by dozing off in the dugout. So, when the Holyoke half of the fifth came around, the veteran realized that with St. Jean's hopping heater about the size of an aspirin, he was going to have to manufacture a run or two.

When his lead-off hitter walked, he jumped on the opportunity by ordering the next kid to lay down a sacrifice bunt, which he did to perfection. The visitors now had a runner in scoring position with one out.

Brassil then caught a break when St. Jean, perhaps slightly unnerved, stood on the rubber and dropped the ball, which sent the runner to third. And there it was — one out with a tie ballgame only a mistake away. If the folks liked St. Jean before, they had to love the kid after he pinned his ears back and dusted the next two Knights to get out of the jam.

Getting In And Out Of A Bigger Jam...

St. Jean got into an even bigger jam in the Holyoke half of the sixth. He gave up his first hit, a single just past a diving LeClair at first (to the number nine batter). A sac bunt saw the runner move on second. St. Jean hit the next guy.

Another single saw the bases loaded with one down. Now, a mistake wouldn't just translate into a tie; it could very well mean a Holyoke lead. St. Jean dug deep, dusting the next hitter and inducing an inning-ending groundout to extricate himself once again.

The Brownies' bats had basically gone to sleep through the final three innings, which brought it all down to the Holyoke seventh. The lead-off hitter reached on an error and took second on a sac bunt. However, St. Jean wrapped up the win when the next kid grounded out and the next hitter (of the pinch-hit variety) struck out.

BROWNIE STATS

BATTING: St. Jean — 0-2, SB; Donovan — 1-3, 1RBI; LeClair — 0-2; Mercadante — 0-2; Chechile — 1-2, 2B; Harlin — 0-3; Federico — 1-2, 2B, 1RS; Gilbert — 0-1; Pearson — 1-3.

AGAWAM GAME BATTING — 4-20, .200; HOLYOKE GAME BATTING — 2-22, 0.90.

PITCHING: St. Jean (w) — 7IP, 2H, 0R, 0ER, 2BB, 14SO, 0.00ERA.

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THE AGAWAM HIGH SENIORS on this year's varsity girls' softball were recognized on May 22nd. IN LEFT PHOTO: Jen Lyman with her parents, Dave & Dee Lyman. IN CENTER PHOTO: Dianna DiStefano with her folks, Mike & Louise DiStefano. IN RIGHT PHOTO: Jen Burke with her mom, Sharon Burke.

Softball Versus West Springfield...

Fifth-Inning Woes Plague AHS In 11-2 Loss

by Dave Rollins
Sports Editor

Take away the bottom half of the fifth last Friday afternoon (May 26th) at Mittineague Park, and you had yourself a softball game between Agawam High and West Springfield High.

Unfortunately, at least from a Brownie point of view, that's not the way it's done. Nine runs in the home half of that inning broke up a tight, two-all contest and the Brownies absorbed an 11-2 knuckle sandwich from the Terriers.

Agawam ended up the regular season with a 14-6, 5-3 record. West Springfield came in at 16-3, 6-1 to win the Valley League title. The seedings have been released, with Agawam in the sixth spot (see related story). Tournament play began on Thursday, June 1st (presstime).

If you list the number of important games these two old foes have played in any sport over the years, this one was right up there with the rest. You see, the winner would clinch the Valley League crown outright and a better seed come tournament time. So, Brownie Coach Deb Lickley wanted her club to be focused and bring their "A" game to the festivities. For the most part it was happening, until that frustrating fifth when they graded out at an "F."

West Side, who'd beaten Agawam 7-2 11 days earlier, played with an edge of determination to its game. A year earlier, they had shared the Valley League laurels with Cathedral. This time out, they wanted the whole enchilada.

After Agawam had squandered a second and third, one-out scoring opportunity in the top of the first, West Side got a run on a passed ball in its half of the inning. It might have been more (but wasn't), thanks to the Brownies' third-sacker, junior Caitlyn Conte.

With no outs and West Side's Kate Kokoszka on

her base, Conte snagged a laser blast off the bat of Sara Pope and doubled up Kokoszka, who was caught flat-footed 10 feet down the line. Sophomore Kate Ludwig, in the pitcher's circle, got the final out on a ground ball to Conte.

Brownies Tie Things Up...

Agawam knotted things at one in the top of the third. Frosh Vicky Taylor topped an infield single in front of the plate. Lickley then ordered Tiff Blackman (playing short in place of the injured All-Western Mass. Jill Gendron) to lay down a sacrifice bunt, which the junior did. Only she beat it out for another infield single, putting Brownies on first and second. Centerfielder Amanda Merola, being choosy, drew a walk and loaded the bases. A pop to first by Dianna DiStefano and a Conte strikeout suddenly saw two down. It was up to veteran Jen Lyman. The senior singled, driving in Taylor.

West Side came back in the bottom of the inning. Nicole Hill singled. Pope popped a dying-duck single just behind the outstretched glove of Brownie second baseman Keegan Clark, sending Hill to third. Veronica Patrick was next. The Terrier first baseman lifted a weak, 10-foot-high pop 15 feet down the first-base line. Brownie catcher Dianna DiStefano had the mask off and the glove out in hot pursuit. For a kid who plays behind the plate, DiStefano is surprisingly quick.

She overran the sprinting Patrick in an attempt to make the play. The ball plopped in and out of her glove. Patrick was safe at first, and Hill came in from third for the second West Springfield run.

Both pitchers, Ludwig and the Terriers' ace, Kerry Farrell, got out of semi-jams in the fourth before the decisive fifth frame. Agawam went one up when DiStefano drove a single to center. Conte drilled a ball to short right and was gunned down at first on a strong throw by Sara Foley. DiStefano pulled up at second. Lyman would then get her second hit of the day — a double to right, driving in DiStefano.

West Side Lowers The Boom On AHS...

The boom West Side lowered after that had the Brownies walking on their heels. The Terriers sent 15 hitters to the plate, hammered out five hits, looked at five walks (four straight at one point), and had a batter drilled by Ludwig.

After Ludwig (her control just a fond memory) had walked in three straight runs and given up four total hits (one on a leadoff triple and a passed ball), Lickley got out the hook.

Junior Danielle Bachini got the call and came on with the bases loaded and one out. Bachini would give up five, though three of them were charged to Ludwig, for a total of nine.

SEE SOFTBALL - Page 39...



AHS SOFTBALL VETERANS Jen Lyman, Jen Burke, and Dianna DiStefano on "Senior Day" (May 22nd).

Our coverage of Agawam High athletics is just one more reason why you turn our pages each and every week ... AAN!!!

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Profile...

Dianna DiStefano Reflects On Four Years Of Softball With The Brownies

by Dave Rollins
Sports Editor

For the past four years, Dianna DiStefano has been one of the top softball catchers in Western Mass.

Recently, the senior took some time out to talk about herself and her days as a scholar/athlete for the Brownies.

Dianna is 18. Her birthday falls on March 23rd. Her final semester course load included AP English, psychology, integrated math, journalism, and the yearbook, where she was the advertising editor. Dianna is also on the honor roll and in the Renaissance Club, and will graduate Pro-Merito. She is also a member of Quill and Scroll, which is the honor society for journalism.



DIANNA DISTEFANO

AP English 11 was her favorite course. "I liked it because the class was small and everyone got along," she explained.

Margo Poulin (English) and Mary Murray (physical education) are her favorite teachers.

Dianna will be attending Stonehill College in South Easton. She'll major in English and also play softball for the Chieftains, a Division II school. "I was attracted to Stonehill for two reasons. First, it is one of the top liberal arts colleges in New England, and the campus is beautiful. And it was kind of a mutual situation when it came to softball. The coach (Julie Szala) needed a catcher, and I wanted to continue my career in the sport. I sent her a video of myself in action. She liked the way I played, so things went from there," Dianna noted.

Dianna played varsity soccer last fall. When asked which sports she favors, her answer was, "I like whatever I'm playing at the time. But softball is my natural sport. I've played every position."

Dianna noted that she began her stint behind the plate back in the Youth Sacred Heart Athletic Association League. "One day the catcher there

had a bad knee, so I volunteered. That's where I've been ever since, for the last 5½ years," she said.

All-Western Mass. Honors...

That extensive experience has won her All-Western Mass. honors as a sophomore and a junior. With a batting average close to .400 and her great defensive skills evident every time she steps behind the plate, there is a good chance she'll be named to the All-Western Mass. team for a third straight time after this season.

Last year, she came up with a bum right shoulder, which required surgery. After six permanent anchoring pins and a lot of therapy later, things seem fine. "Yeah, I'm okay now, but I still have to ice it down pretty good after every game," she added.

She has two outstanding sports moments that are foremost in her mind. First was winning the Western Mass. softball crown in 1998 at Szot Park, against Wahconah Regional. The second memory was more personal.

"It was the first time I had to make a throw to cut down a runner stealing second. It was against Holyoke last year. I threw hard and nothing hurt. It was then that I knew things were back to normal," she recalled.

Dianna sees this 2000 season, which will have Agawam (14-6, 5-3) back in the playoffs for the fourth time in her career and the 10th time in 11 years under Coach Debbie Lickley, as a successful one because of the defense. "We've played 'D' with so much guts," she noted, then added, "We've made the most of some tough situations, which has helped build our character."

When asked about her favorite dish, Dianna said, "I'll eat anything my mom puts in front of me."

Orange and brown are her favorite colors.

A Maserati would be her ultimate ride. "But I'm happy with my car, a '97 Baretta. It gets me around," she smiled.

Tennis player Pete Sampras is her top jock. The Boston Red Sox is her top team.

Dianna likes to kick back and relax wherever her friends might be.

She says she has her own style in clothes (a sort of mix and match), and buys them at Express, A&F, the Gap, and American Eagle.

She likes all kinds of music. Her top groups include Pink Floyd and The Dave Matthews Band, which she's seen twice in concert.

"Road Rules" and "Real World" top the tube for her. "A League of Their Own" and "Pretty Woman" are Dianna's big-screen favorites.

Louise is her mom. Michael is her dad. She has a sister, Danielle (21), who will be a senior at Endicott College this fall.

AHS teacher Margo Poulin (English) is the person Dianna says she looks up to. "She has been my teacher for four years," the senior noted. "I've learned a lot from her."

Dianna, along with the rest of the class of 2000, will graduate June 11th. When it's over, she says she'd like to be remembered as an outgoing person who always had a smile on her face and was also someone people could go to if they needed anything.

Coach Debbie Lickley had this to say of her captain: "Dianna is a great kid with a positive attitude. We've come a long way together in four years. I'm proud to know her as a person as well as an athlete."

Agawam Babe Ruth Standings

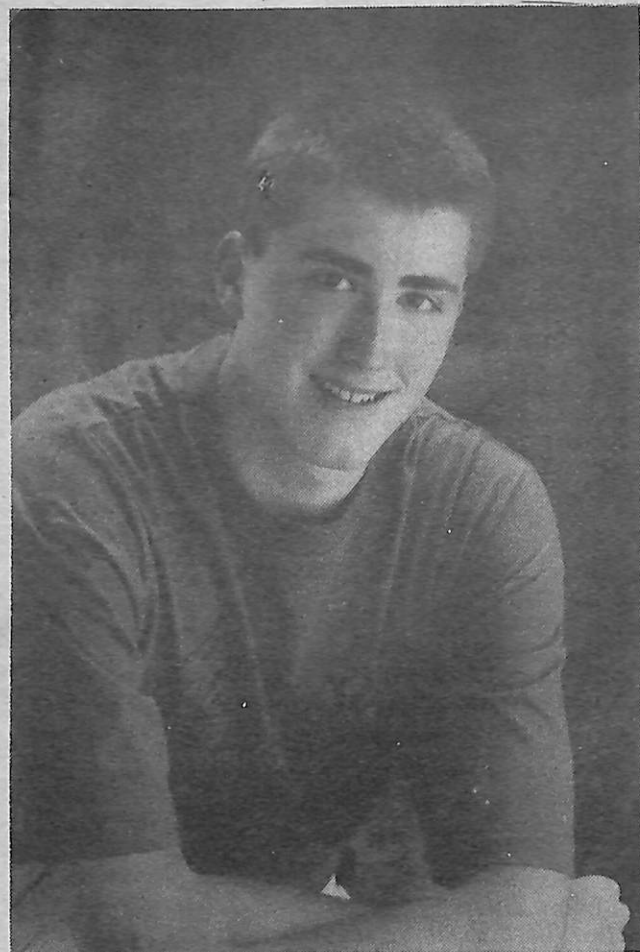
TEAMS	W	L
Berkshire Power Padres	5	0
Bridgeport Bindery Yankees	4	1
AIC Red Sox	2	2
Carlson GMAC Rockies	2	4
Fran's Restaurant Indians	2	5
Bill Walsh Royals	1	4

UPCOMING GAMES:

Wednesday, June 7th: Indians vs. Royals, Shea Field, 5:45; Yankees vs. Rockies, St. John's, 5:45.

Friday, June 9th: Red Sox vs. Indians, Shea Field, 5:45; Rockies vs. Padres, St. John's, 5:45.

— ADVERTISER NEWS —



MATT TAYLOR

Profile...

Matt Taylor Enjoys His 1st Volleyball Season

by Dave Rollins
Sports Editor

Matt Taylor has been an important role player for the Agawam High boys' volleyball team this season. The senior recently took some time to talk about his days at AHS.

Matt is 18 years-old. His birthday falls on May 1st. He stands 6'4" tall and weighs 175 pounds.

He has spent all four years of his secondary education at the High School. His course load for the final semester included physics, AP chemistry, English 12, multi-media, and computer applications II. Matt is a member of the National Honor Society, the Renaissance Club, and the Math Club. He was also director of peer tutoring this year.

Multi-media is his favorite course. Arthur Gage is his top teacher.

Matt will attend UMass-Amherst in the fall of 2000 with a major in computer science.

Volleyball is his sport. He is a first-time player for the varsity, and his most memorable moment was getting his first start this year.

He sees this season as being a very successful one. "We won our league and got into the tournament. Everyone on this team feels very positive about that," Matt noted.

His favorite food is pasta in any form.

Black is his hue of choice.

A Pontiac Trans-Am is his ride. And Matt owns one — a 1987 model, that is (painted black).

His favorite place to hang out when he wants to relax is his house.

He likes casual clothes and buys them at either Abercrombie & Fitch or Old Navy.

Matt enjoys listening to alternative music and hard rock.

"The Matrix" is his favorite flick.

He says he really doesn't have a role model yet. Joanne is his mom, and she's one of those moms who is involved, including Booster Clubs and the Agawam Athletic Association, as well as being the long-time parent organizer of the Agawam Tigers (girls' Pioneer Valley soccer team) from 1993 to 1998. Vicky is his sister; she's a three-sport star as just a freshman at AHS.

Matt just wants to be remembered as a nice guy when his days at the High School are done.

Coach Pat Demers had this to say of the senior: "Matt is a very quiet and very smart kid. We've gotten him to become a little more aggressive on the court. The veteran kids have taught him a lot, and he began to understand the game just after mid-season."

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!

* * *

SOFTBALL - from Page 38...

If you've watched Agawam softball over the years, you know one thing about a Lickley-coached team — there is no quit in them. They'd come back from nine-run deficits before, so the faithful on hand held out some hope. But, in this game at least, letting the Brownies back in it was not an option for the Terriers. After shaking the Brownies like a bone, they went on and grabbed the win.

BROWNIE STATS

AGAWAM BATTING: Blackman — 3-4; Merola — 1-3, SB; DiStefano — 1-4, 1RS; Conte — 0-4; Lyman — 2-3, 2B, 2RBI; Clark — 0-3; Bishop — 0-3; Bienia — 0-3; Taylor — 2-3, 1RS. 9-30, .300.

WEST SPRINGFIELD BATTING: Hill — 3-4, 1RBI, 3RS; Kokoszka — 2-5, 1RBI, 1RS; Pope — 2-5, 3B, 1RBI, 1RS; Patrick — 1-4, 2RBI, 2RS; Walker — 0-4, 1RBI; Viamari — 0-1, 1RS; King — 2-3, 1RBI, 1RS; Foley — 0-2, 1RBI, 1RS; Dondi — 1-2, 1RBI, 1RS. 11-29, .379.

AGAWAM PITCHING: Ludwig (L) 4½IP, 6H, 9R, 7ER, 8BB, 3SO, 11.31ERA; Bachini — 1½IP, 5H, 2R, 1ER, 0BB, 0SO, 5.69ERA.

WEST SIDE PITCHING: Farrell (W) — 7IP, 9H, 2R, 2ER, 1BB, 5SO, 2.00ERA.

AGAWAM — 2R, 9H, 3E, 8LOB; WEST SPRINGFIELD — 11R, 11H, 1E, 10LOB.

Girls' Varsity Tennis...

Brownies Fall To Westfield High, Then Rally Back To Defeat Chicopee

In recent varsity tennis action for the Agawam High School girls' team, the Brownies were thoroughly dominated by Westfield, 5-0. The Bombers are in the running for first in the league, and on this day they showed they have the ability. In first singles, Kaitlin White fell to Megan Doe, 3-6, 2-6.

Liz Stieg, in second singles, lost to her Westfield opponent, Jess Greeley, 1-6, 0-6.

The most highly-fought match was the third singles contest, in which Lisa Niedziela of AHS lost the first set, 0-6, to Andrea Lysy, and then almost came back to win the second set. Unfortunately for the Brownie, "almost" wasn't quite good enough, as the final score read 5-7 in favor of the Bomber.

The Agawam duo of Kelly Webb/Jen Jutte couldn't do much against Casey Pepek/Janine Flahini, 1-6, 1-6, in first doubles action.

In second doubles, Kat Demetrian/Kristen Berry lost to the Westfield High tandem of Cara Kopatz/Lisa Masciadrelli, 0-6, 2-6.

After the competition was over, Brownie Coach Mary Wolochowicz offered the following comments: "The points were much more exciting than the score might indicate. If you looked away from one match to another, you would be amazed that the score was as lopsided as it was. All the kids worked hard to win and showed a great attitude."

Following the loss to Westfield, AHS rallied back and demolished Chicopee, 5-0.

In first singles, Kaitlin White faced Justyna Nocon and came away the victor, 6-2, 7-5.

Coach Wolochowicz stated, "Katie won the first set pretty easily. In the second set, Justyna mov-

ed the ball around more and made Katie work hard to earn the close win."

Liz Stieg didn't have too much to worry about in the second singles slot, as she clobbered Amanda DeJordy, 6-0, 6-0.

"Liz cruised to this win," said the coach. "Amanda was not on her game, and Liz made it look easy."

Kelly Webb, in third singles, defeated Ana Marafuga, 6-4, 7-5.

"Kelly had to work much harder this time than the last time these two played," remarked Wolochowicz. "Ana was steady and kept Kelly moving. The desire not to go to three sets forced Kelly to make a come-from-behind surge to win the match."

The first doubles duo of Jen Jutte/Lisa Niedziela continued Agawam's winning ways with a 7-5, 6-1 win over Anna Laskowska/Molly Trevethan.

"Jen and Lisa had the opposite match of Katie," explained the coach. "Their first set was the killer set that easily could have gone either way. Once Jen and Lisa won it, their confidence went way up and Chicopee's went way down, and the match was history."

Kerri Merriam/Kaitlin O'Brien faced Annie Rzewnicki/Corinne Partyka in second doubles and came away with a 7-5, 6-2 win.

"Kerri and Kaitlin shadowed their first doubles buddies," said Wolochowicz. "The set was so close, it was just a matter of a point here and a point there who finally won the first set. Then the confidence factor set in, and Kerri and Kaitlin pulled it out."

Agawam Little League 2000 Minor League Standings (As Of May 29th)

AMERICAN LEAGUE	W	L
B & D Petroleum Red Sox	5	2
Geissler's Supermarket Orioles	4	3
Fitness First Indians	4	4
Coldwell Banker Royals	2	5
Allen Lawnmower Yankees	2	5

NATIONAL LEAGUE	W	L
Responsive Trucking Giants	8	0
Luigi's Pizza Braves	7	1
CRW Landscapers, Inc. Braves	4	4
Breakers Billiard Dodgers	1	7
Eastern Electronics & Security Mets	1	7

SHAA Softball Standings (Week Ending May 28th)

13-17 TEAMS	W	L
E.B's/Red	5	1
Agawam Federal Credit Union/ Green	4	2
Alvin's/Navy	4	3
Sand Trap/Orange	1	4
Fitness First/Maroon	0	4

10-12 TEAMS	W	L
Travel Connection/Red	5	1
Jubco Landscaping/Green	5	2
Tolli's Pizza/Navy	3	1
River Auto/Maroon	2	2
Stop & Shop/Teal	2	4
Dayga Printing/Orange	0	7

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Softball Standout...



AMBER CONTE (above), a 1998 graduate of Agawam High School, was a standout player on the Suffolk University softball team that compiled a 17-14 record this spring. Conte, a sophomore, played third base and had a batting average of .442 (the third best on the team).

The Sand Trap Has "Senior Prime Time Pkg."

There are many promotions and discounts for seniors in the marketplace. How do you sort through all to find the real bargains? Usually by doing some simple calculations, you can find some very good values. Here is one such deal we happened upon recently.

The Sand Trap at Twin Silos on Route 75 in Agawam offers a senior-friendly, golf-oriented recreation facility that features an elaborately landscaped, 18-hole miniature golf course; a very manageable chip & putt course and a dining patio; and snack bar facility with custom-selected music via satellite feed.

The Sand Trap supplies all clubs and balls to players for free (or you can use your own). The Sand Trap is open seven days a week from 10:00 a.m. to 10:00 p.m. in the summer, and its season extends through October 31st.

The cost for one round of golf on either course for seniors is \$4.50, a pleasant, low-stress walking exercise amid a sea of flowers, shrubbery, and running streams. Seniors who are regular customers play an average of two rounds and usually visit twice per week.

Knowing that seniors are a good market, Sand Trap management recently established a Senior Club Membership plan that features *unlimited play* for seniors on either course at any time the Sand Trap is open for \$40 a month (prepaid), or \$99 for the entire season (prepaid).

By performing some simple calculations, using the above regular customer as an example, an average senior customer would save 44 percent with a \$40 monthly membership, and a whopping 88 percent with a \$99 season membership (June through October).

A senior can join for one month for \$40 (and renew as often as he/she wants), or join for the entire season for \$99. The Sand Trap's Senior Board of Advisors also recommended some extra benefits for Senior Members in addition to a 15-percent snack bar discount.

Dubbing it the "Senior Prime Time Package" at The Sand Trap (weekdays from 10:00 a.m. to 2:00 p.m.), the package includes the following:

- * Free Hole-In-One Contests.
- * Free Weekly Golf Clinic.
- * Free Weekly Golf Tournament for prizes (alternating between Miniature Golf and Par 3 Golf).
- * Free Weekly Raffle for prizes.

There is also an option for The Sand Trap to run a senior early bird special beginning at 8:00 a.m. if sufficient numbers of Senior Members wish to participate.

Also, the board thought it would be nice if The Sand Trap *matched* the Senior Golf Tournament prize pool each week with a contribution to a charity designated by that week's Senior Member raffle prize winner.

Overall, this is a very good, value-oriented recreation deal for seniors that includes exercise, prizes, camaraderie, and an opportunity to co-sponsor regular contributions to worthwhile charities through the Senior Prime Time events.



THE MEMBERS OF THE WESTERN MASS. CHEETAHS: back row — Coach Tom Jurkowski (Belchertown), Jen Mousette (Southampton), Stephanie Weibel (Belchertown), Katy Zieja (Holyoke), Britanny Boser (Palmer), Carly Gray (Southampton), and Assistant Jim McCloskey (Wilbraham); front row — Kara Powell (Agawam), Kate McKenna (Longmeadow), Elise Davilli (Agawam), Jessica Jurkowski (Belchertown), Katie McCloskey (Wilbraham), and Maria Merritt (Southampton).

Girls' AAU Basketball...

Western Massachusetts Cheetahs Are The 2000 State Champions

The 12 year-old Western Mass. Cheetahs (a girls' AAU basketball team) won their second consecutive state championship in Beverly, Massachusetts on May 21st.

The tournament consisted of 20 teams throughout the state. The girls went undefeated in all seven games. This state championship title earned the girls the honor of representing the state of Massachusetts at the National tournament in Ogden, Utah this summer.

The Cheetahs' roster includes girls from Belchertown, Longmeadow, Wilbraham, Palmer,

Holyoke, Southampton, and Agawam. The local players from Agawam are Elise Davilli and Kara Powell.

Both Elise and Kara also play Suburban basketball for the Agawam Athletic Association, and soccer for the Pioneer Valley Agawam Cobras, the Pioneer Valley Pride MAPLE team, and are on the Olympic Development Program for soccer in the state of Massachusetts.

Congratulations, Western Mass. Cheetahs, and good luck at the Nationals.

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Golf Tip Of The Week...

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Head Golf Professional
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Don't Cock Early...

When you're hitting short-iron shots, don't cock your wrists too early.

Many golfers cock their wrists early in the swing because when they see top players, they appear to be doing just that. But it's an optical illusion caused by the length of the short iron. As the swing arc is shorter, the wrists cock in less time.

The point is that the motion of the swing should determine when the wrists are cocked, and problems arise when golfers mistake this natural cocking for a deliberate movement and begin to pick up the club at the start of the swing.

No matter what club you are hitting, draw it back from the ball low to the ground and let the wrists cock naturally as the club comes up and around your body.

Start your short-iron swings as you would your long ones: low and slow.

WILSON DEMO DAY

On Thursday, June 8th, Wilson Golf will be on hand at Longhi's from 4:00 to 8:00 p.m. This will be a great opportunity to try Wilson's revolutionary Fat Shaft Irons.

Come out and get custom-fit. Wilson will be offering a free trial-pak of their new Smart-Core Golf Ball to participants.

For further information, call Oak Ridge Golf Club at 789-7307.

AIC Slates Day Camp For Girls' Basketball

American International College will be hosting a day camp for girls' basketball players on July 31st through August 4th from 9:00 a.m.-4:00 p.m.

The camp will be for girls entering grades five through 12 and will specialize in improving one's shooting skills.

The camp will be held in AIC's Butova Gymnasium. In order to register or receive a brochure, please call Head Women's Basketball Coach Peter Cinella at (413) 747-2093.

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Outdoors New England

by Kent Servis
Outdoor Writer

Cool Weather - Hot Striper Action

Well, it finally stopped raining and the Connecticut River has started to drop to near normal levels. After what seemed like about 40 days of consecutive rain, the Memorial Day weekend brought some nice springtime weather.

Fishing buddy George Powling of West Springfield and I spent some real quality time on the river and the stripers were everywhere.

The mornings were spent fishing for herring just after dawn. When a substantial supply was rounded up, we hit the main channel north of the Rt. 91 bridge.

After a few unproductive drifts, suddenly the action turned on! This was a fisherman's version of Heaven! Striper after striper came aboard and were carefully released.

Stripers up to 40-inches took the drifted live herring and provided almost constant thrills. If you have not had the opportunity to get out with someone who knows the ropes, it's time to look up that long, forgotten buddy and give him or her a call.

Agawam Mayor Richard Cohen claims he en-

On June 5th And 6th...

Sign-Ups Slated For Suburban/CYO Fall Basketball

The Agawam Basketball Organization will hold sign-ups for its Suburban/CYO fall basketball program on June 5th and 6th from 6:00 to 8:00 p.m. at the Agawam Public Library Community Room.

Registration is for: boys 5th/6th grade; boys 7th/8th grade; girls 5th/6th grade; and girls 7th/8th grade.

No fees will be collected at this time, and tryouts to be announced.

Interested coaches should contact Fred Perry at 786-7914, or Dave Boisvert at 786-0783.

SHAA Standings For Boys' DPL 7-8

TEAMS	W	L
E. Cecchi Orange Crushers	7	0
Tracy & Co. Red Devils	7	0
Allen Lawnmower Green	5	3
Gators		
Blimpie's Black Bears	3	3
Firestone Red Sox	3	4
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Fran's Yankees	1	6
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